THE Shakerite

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December 17, 1992
Shaker Heights High School
15911 Aldersyde Drive
Shaker Heights, Ohio 44120

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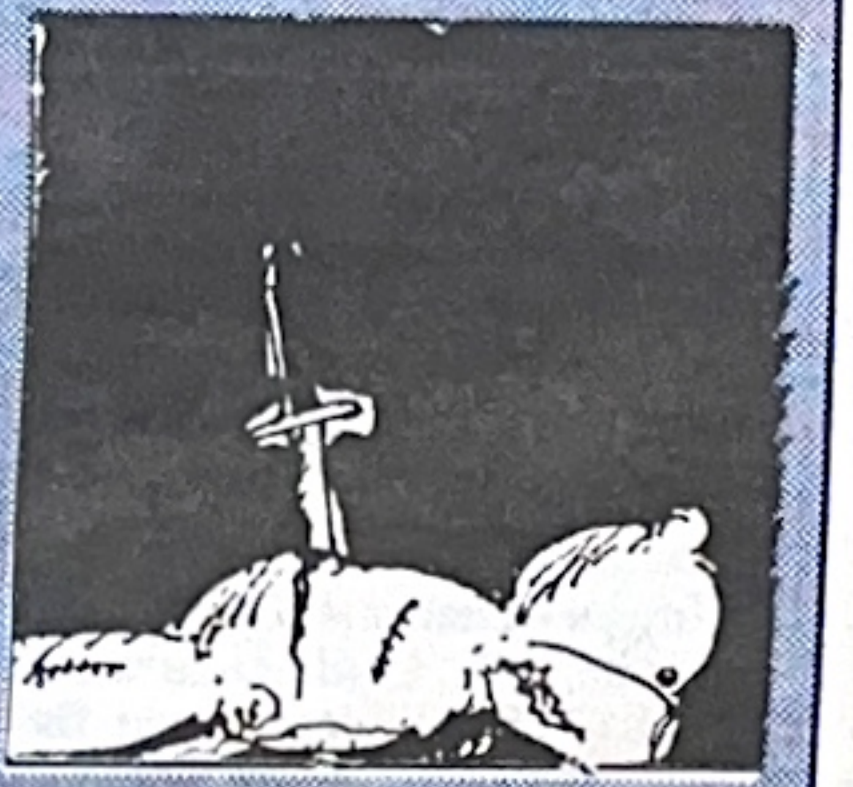

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Social studies class spearheads Somalian relief by bowling, teaching

BY NANOR TABRIZI

News Editor

Social studies department head Terry Pollack's oppression class lead an effort last Saturday to alleviate the famine in civil war-ravaged Somalia by sponsoring a "bowl-a-thon."

Students raised more than $1000 in pledges, which will be donated to OxFam, an organization which provides food and farming skills to Somalians, Pollack said.

The class hoped to achieve two goals in their efforts to provide aid to Somalian families, senior Michael Schwartz said.

"Our main goal was to raise money and bring temporary relief to the two million people dying," Schwartz said. "But more importantly, our second goal was to raise the awareness of Shaker students and to ask them to start caring."

Senior Kim Weisman said that the class first became concerned about the situation in Somalia while studying mass movements in history.

"This is a big cause," Weisman said.

The class sponsored an educational assembly on Dec. 8 to inform students of the problems in Somalia.

Said Ibiahim, a Somalian who spoke at the assembly, said he believes that despite the current involvement of U.S. troops, the Bush administration did not act quickly enough to be of much aid to Somalia.

"The media and the United Nations were the first to respond," Ibiahim said. "Even though the United States is doing much more than we expected by sending 80,000 troops, it is a little too late.

"For most of Somalia, one out of four children are already dead," he said.

The oppression class volunteered to help provide aid to Somalia before the United States or the United Nations became officially involved, Pollack said.

"[We] realized that the world was silent," he said. "When we saw the photos on television of the horrors in Somalia, we realized that if we were silent, we were partially guilty."

Many students enthusiastically volunteered, he said.

"I saw this as a chance to save lives," junior Toni Eddings said.

Sophomore Emily Baron said she volunteered because she considers it to be part of her responsibility as a citizen of the world.

"We all live in the same world, and Somalia is one of our problems," Baron said.

Some said they volunteered because they considered U.S. involvement to be wise.

"If you help others, then in return when you need help, they'll help you," sophomore Lisa Carlini said.

Because much of the food sent to Somalia has been looted, some volunteers say they are concerned that their donations will not reach the people.

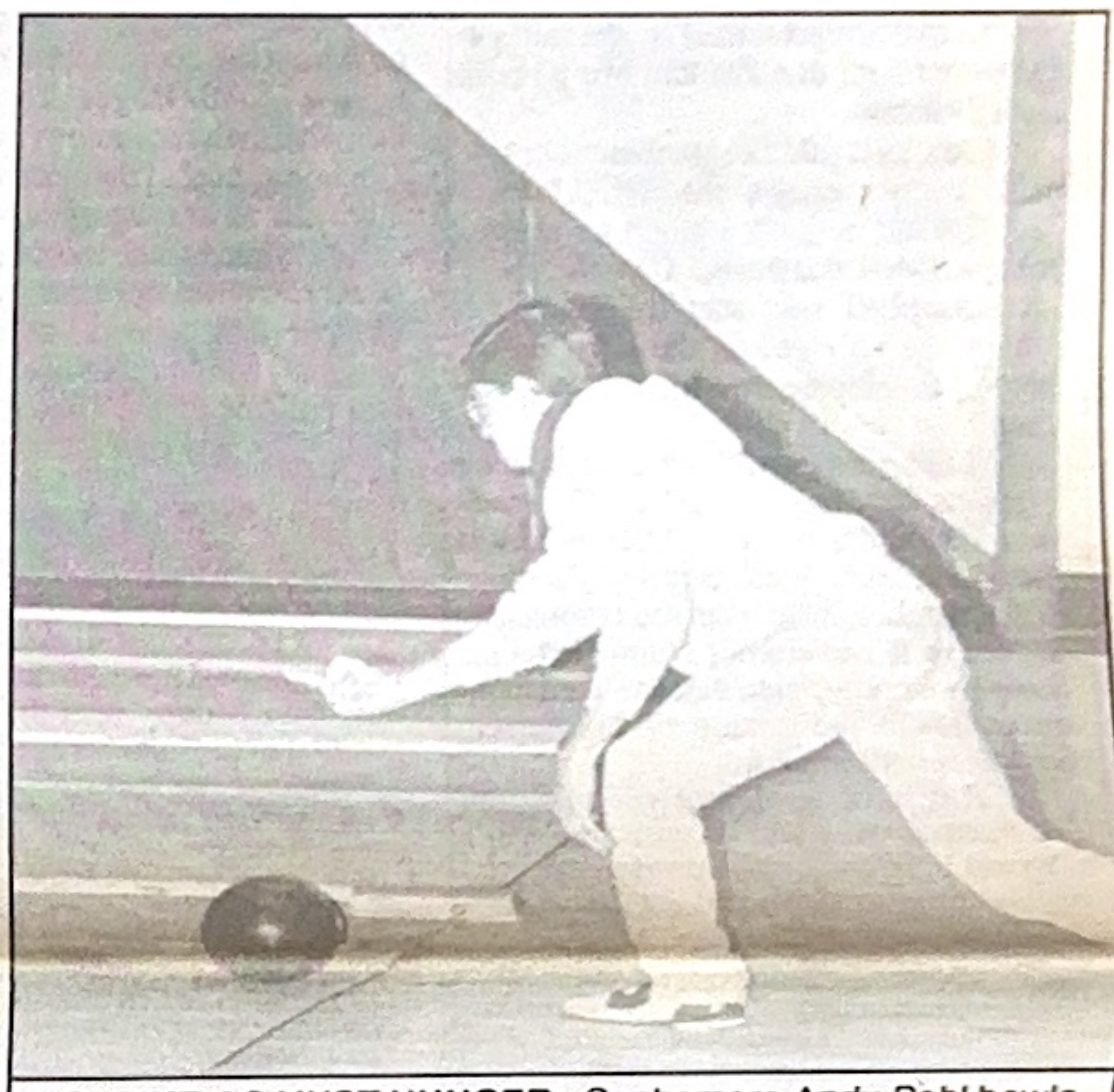
"We are hoping that the aid will get there with the help of the U.N. forces," Schwartz said.

If all the aid does not reach Somalia, Schwartz said he believes that the oppression class's goal of getting students involved will have been met.

"We can't live in Shaker and be isolated," he said. "We have to become part of the whole picture by being more proactive, not reactive."

Ibiahim said student involvement is of major importance.

"The problem is deep rooted. Giving people food tomorrow will not solve the problem," he said. "Because I don't see Somalia solving its own problems, it is important for the international community to be aware and care."



A STRIKE AGAINST HUNGER. *Sophomore Andy Pohl bowls for money to aid relief efforts in Somalia. Social studies head Terry Pollack's said his opression class decided to get involved with relief efforts after seeing the "horrors" that were taking place there.*

Shakerite photo by Jason Hamilton

Starvation in Somalia: A Summary of Causes

■ Why is there not enough food to feed those in Somalia and other parts of Africa?

✓ **POPULATION**
Africa's population is rising faster than many of its countries' economies can handle. The population is expected to leap to 2.9 billion by the year 2050 from its current 548 million people.

✓ **FOOD PRODUCTION**
Production of staples has dropped an estimated 20% since 1970.

✓ **ECONOMIC STAGNATION**
Sub-Saharan Africa has the world's lowest rate of economic growth, with annual per-person incomes reaching as low as $290 or less. Additionally, many African governments have borrowed heavily from other nations and must use what little resources they have to pay their debts.

■ What has been happening in Somalia?

✓ Since January, thousands of Somalians have fled to escape the famine and the fighting of several clans for control of the country. These clans and other armed gunmen have been able to loot hunger relief shipments with impunity because there is no established law and order in the country.

✓ At least 300,000 have died due to the famine in Somalia.

■ Who should be contacted to contribute to the relief effort?

✓ There are many relief organizations helping Somalia. The money from bowling went to:

Oxfam America
26 West Street
Boston MA 02111
(800) 225-5800

Source: Shakerite research

Shaker alumna elected state representative

BY RAHILA ANSARI
Staff Reporter

Jane Campbell, a 1971 graduate of the high school, has been reelected for her fifth term as a state representative.

Campbell said that her upbringing encouraged her to persue a political career.

"I was brought up to believe that an individual person could bring about a positive change in the country," Campbell said.

As a state representative, she said she feels confident that she can bring about such a change.

Campbell said she attributes her role as an activist partly to the high school.

"Shaker was very much an activist school when I was there, " Campbell said.

Campbell said that the education which she received at the high school helped to prepare her for her political career.

"I feel very good about the education I got in the Shaker system," Campbell said. "I liked it because of the variety of the courses and interesting students."

Campbell, who received her masters degree in urban studies from Cleveland State University, said that she feels optimistic about the quality of the current Shaker school system.

"The most important decision you can make is what you do with your kid's education," Campbell said. "I just started my daughter in kindergarden [here]. "

While Campbell approves of Shaker's system, she said that national education *would improve by mandating basic national standards.*

"National standards would at least ensure that all students who graduate will have the basic skills to help them in life, " Campbell said.

Although she said she currently cannot do much for national education, Campbell said that she would like to help improve state education. She added that she found education to be less available to minorities and the financially poor. She said that by adjusting what she termed as the "education-funding formula", racially and economically diverse districts would have access to more resources.

Campbell has also worked for the benefit of women. In 1975, she helped establish the first shelter for battered women, WomenSpace.

"When you are an elected official, you become sort of a lightning rod, since other women come to you with their ideas," Campbell said.

JCWA wins at mock conference

BY DENNY IVES AND CARRIE LYONS
Staff Reporters

The Junior Council on World Affairs (JCWA), a model United Nations (UN) student group placed first overall at the A.N. Myer Model UN Conference in Niagara Falls, Canada. The conference consisted of over 450 students from 33 high schools in the United States and Canada.

JCWA members said that they were excited about the outcome of the convention.

"It was extremely thrilling to be recognized internationally," sophomore Chris Lund said.

JCWA concerns itself with the policies and problems of various nations around the world. As the students portray ambassadors to a mock United Nations, their resolutions, or proposed actions, are presented and voted on during the conferences, according to co-adviser Dennis Hogue. They are judged on how well their resolution fares. According to Hogue, the goal of the club is to give students a broader awareness of current events.

"I think that the most fascinating aspect of JCWA is the opportunity to see students grapple with concepts of government and national morality that lies beyond the ideas and policies of the United States," Hogue said. "In many cases, students are forced to champion a viewpoint which runs totally counter to their beliefs; as is often the case when Jewish students are assigned to represent Palestine, or other Arab countries."

To be successful, according to Hogue, members must have a firm understanding of how their country sees the world and their position in it. Students assigned to represent a country must research their policies' by studying and analyzing actual UN documents.

According to sophomore Kate Fleming, Shaker was not the only school who made a strong showing.

"They gave us a good fight," she said.

Advising JCWA is not very difficult because the students are themselves self-motivated and hard-working , according to Hogue.

"The adviser does very little in this organization because our kids are extremely motivated. My primary purpose is to be a cheerleader and coach the students through any difficulties that they might be experiencing," Hogue said.

Many JCWA members believe that the chance to utilize their skills in a competitive environment makes the club a worthwhile experience.

"I like being able to travel and meet people from all over the country," junior Gopal Garuda said.

On the weekend of Dec. 4 and 5, JCWA sent fifteen students to The Canadian Mid-American UN Conference at Windsor, Ontario. This conference was for novice level competitors. There were no awards other than recognition.

PLAYING POLITICS. Seven JCWA members for the Canadian Mid-American UN Conference in Windsor, Ontario. The students pictured are (from left to right): freshmen Terra Winston and Ari Maron, junior Brad Karfeld, freshmen Ethan Rider and Lynsey Croll, freshman Taylor Hokanson, and junior Colin Manly.
Photo courtesy of the Gristmill

Workshop focuses on race relations

BY TONYA HUFFMAN
Staff Reporter

Six high school teachers and other staff members within the district met at the Gestalt Institute on Nov. 16 and 17 for the Gestalt Workshop in an effort to address the issue of race relations.

The workshop emphasized possible solutions that could bring about positive changes in race relations, principal Jack Rumbaugh said.

"The Gestalt Workshop teaches people to re-teach and approach problems from a psychological perspective," he said.

Social studies teacher Dave Lubinger, who attended the conference, said the purpose of the workshop was to reflect back on personal feelings and experiences regarding race relations.

"The workshop forces you to understand that there are differences between cultures and races, and that these differences are to be appreciated," Lubinger said.

All of the high school teachers that attended were instructed to meet together at one point during the workshop and come up with an idea that would promote multicultural education. They originated the idea for the creation of a multicultural heritage workshop that they believed would benefit everyone and would also bring about a positive change in dealing with the topic of race.

Senior David Goode said that workshops like this that are designed to help teachers promote integration, are useful and beneficial for everyone.

"I think [the workshops] make them more aware of the problems of racism, gives them ways to combat the racism, and have a positive effect on the students," Goode said.

Senior Anthony Gaines said that workshops are not very effective because classes in the high school are still segragated.

Rambaugh said that the Gestalt workshop could be improved by allowing more time for the brainstorming of problems and by involving students from two different grade categories; fifth through seventh, and eight through 12th in the workshop.

Art teacher Jenny Russell felt that the workshop was worthwhile, but the problems need to be addressed more fervently.

"Of course [the workshop doesn't allow enough time for participants to brainstorm and address problems] because the issue of race relations is on-going and complex," Russell said. "My discovery was that racism exists more in Shaker than we know. [The problem of race relations is] not something that one workshop is going to cure. It takes cooperation from everyone involved in the community."

She also said that one positive aspect of the workshop was that it raised the awareness of everyone that was involved.

WE ARE PROUD OF SHAKER'S

National Merit Semifinalists
Rahila Ansari
Sarah Cohen
Amanda Cowen
Christopher Currivan
Diego de Acosta
Lyubov Domb
Andrew Ellner
Joanna Garcia
Michael Giannelli
I-Huei Go
Eliezer Gurarie
Renee Hairston
Kevin Jacobs
Jonathan Kleigman
Jacob Kramer
Jeremy Liegel
Roni Mintz
Sue Nahm
Jeremy Paris
Michael Schwartz
Brendan Sheeran
Kara Smith
Betheny Troia
Elizabeth Weinstein

National Achievement Semifinalists
Kimberly Butler
Joanna Garcia
David Goode
Renee Hairston
Beverly Smith

National Hispanic Semifinalists
Diego de Acosta
Jennifer Zfaz

National Merit Commended Students
Jeffrey Epstein
Scott Frerichs
Jason Hamilton
Douglass Hassell
Jonathan Hinze
Betsy Leis
Cyrena LeVine
Michelle Millstone
Jeff Ngo
Matthew Pohl
Dan Ratner
Andrew Reale
Douglas Rosenbaum
Kaytee Schmidt
John Shelley
Shiela Singh
Beverly Smith
Jonathan Strange
Andrew Toomajian
Joel Van Arsdale
Allen Wainer
Colleen Welsh

National Achievement Commended Students
Laurence Braddell
Collette Jones
Lauren Patterson
Kyle Samuels
Shondra Shine
Jamil Smith
Mariama Whyte

SHTA

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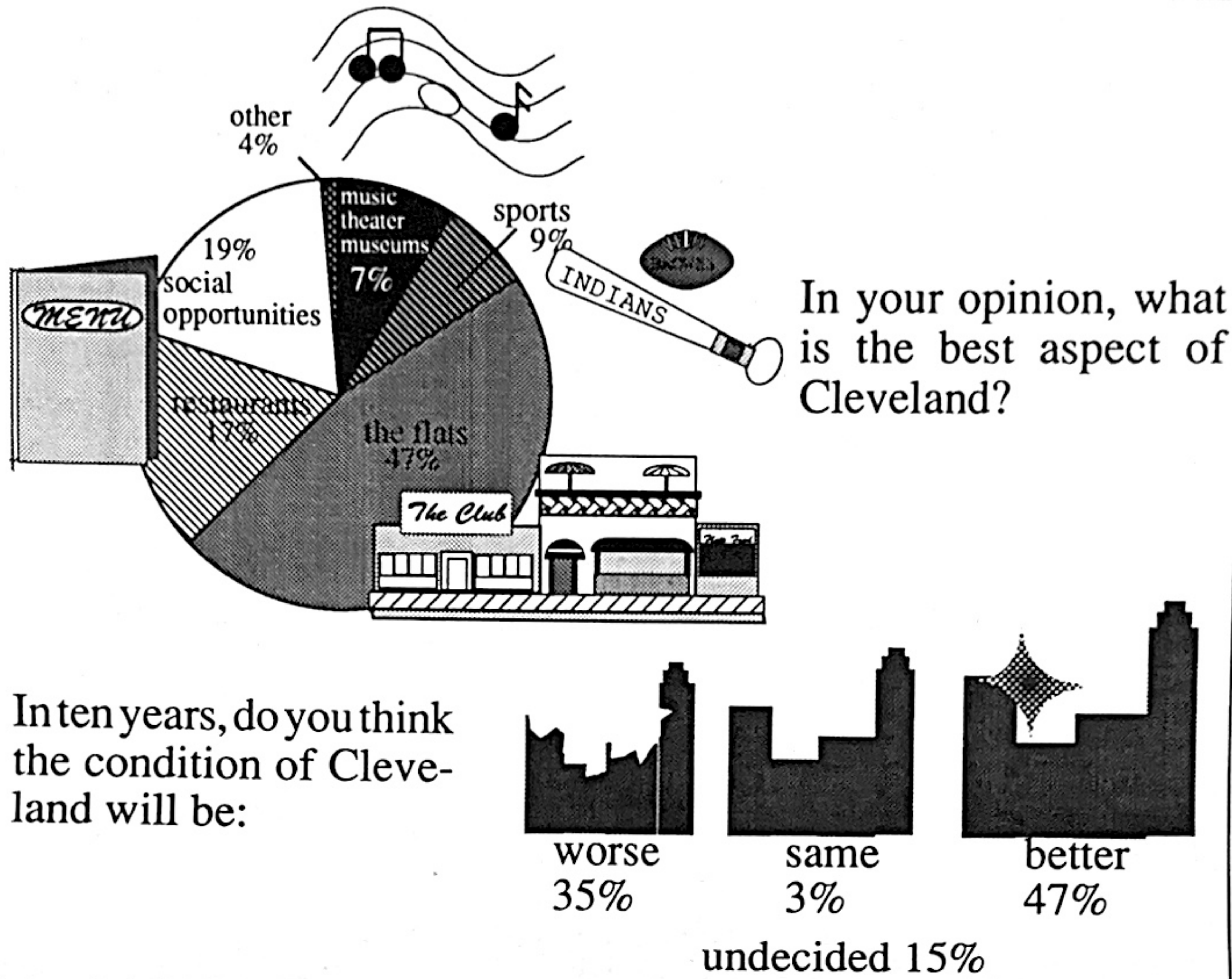

Shakerite graphics by Emily Troia

Source: Shakerite survey of 250 people

Anti-drug club participates in local retreat

NEWS BRIEFS

Ten members of Teen Institute participated in a regional overnight retreat with 30 other high school students at the Christ Episcopal Church on Dec. 4 and 5 in an effort to learn about alcohol and drug use prevention and problem coping skills.

Senior Emily Dakin said that the retreat was especially fun and educational because of the guest speakers, individuals who had personally dealt with drug and alcohol addictions.

Teen Institute is helping educate younger children about drug and alcohol addiction by visiting fourth grade classrooms, according to Dakin.

Dakin said that Teen Institute has already visited fourth grade classrooms and plans to attend one classroom per month.

"We decided that because we only have a year [to help the community], it would be more useful to work with younger children," Dakin said. "Once a person is in high school, it is harder to change that person's habits."

-Nanor Tabrizi

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Located in room 23 of the high school

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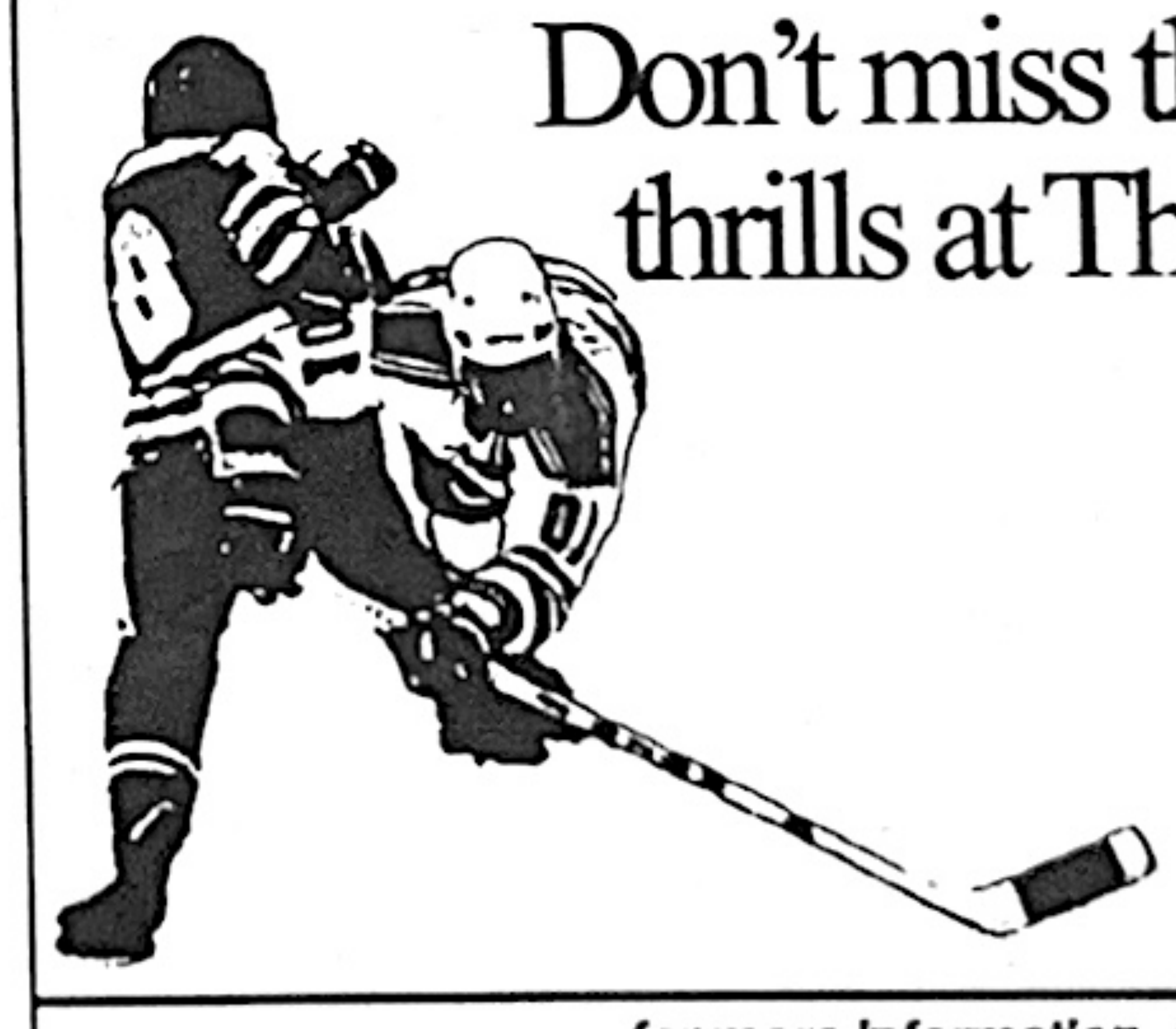
HOCKEY EXCITEMENT
AT THORNTON PARK

22nd Annual Thornton Park High School Hockey Tournament
From Thursday, December 17 to Sunday, December 20, Thornton Park will play host to teams from **Trinity, St. Ignatius, Cleveland Heights, St. Edward, Padua, Bowling Green, Sylvania Northview** and **Shaker Heights** High Schools at the 22nd Annual Thornton Park High School Hockey Tournament.

#1 NCAA Division I Team Practice
The Hockey fever continues on Monday, December 28 when the number one NCAA Division I hockey team from the University of Maine practices at Thornton Park from 6:15–7:15 p.m. Admission is FREE!

Shaker Night with the Lumberjacks
The excitement builds to a crescendo on Friday, January 15 at **Shaker Night** with the Cleveland Lumberjacks at the Richfield Coliseum. Tickets are $7.00 per person (regularly $16.00). Buy your tickets now at the front office of Thornton Park.



Don't miss these Hockey thrills at Thornton Park!

SHAKER HEIGHTS

for more information, call 491-1295

Unified generation must sustain awareness

THE RITE IDEA

Our generation has been labeled as one mired in self-concern and devoid of a social conscience. To the world at-large, it seems that as problem after problem arises we fail to heed the call to action.

We live in an age which is infinitely more complex than the past, and solutions to today's problems are less clear-cut. Still, it is good to see certain areas of the school becoming more active.

The bowling for charity drive to help fund relief efforts in Somalia is evidence of a philanthropic vein in the school and illustrates the fact that our generation does care.

The Somalia relief fund drive at Shaker, which is sponsored by Terry Pollack's Oppression class, is a positive hands-on educational experience. The class has taken the time to make announcements, put up signs around school, and promote a general awareness of the situation.

Despite these efforts, and despite the complexity and diversity of our problems, there needs to be a more unified and concerted effort to address problems in both the school and the country as varied as racism, the plight of the homeless, rising illiteracy, teen pregnancy, the AIDS crisis and an increasingly stratified society with the differences widening between rich and poor. These are only a few of the major social dilemmas facing this generation as it takes over the country's leadership.

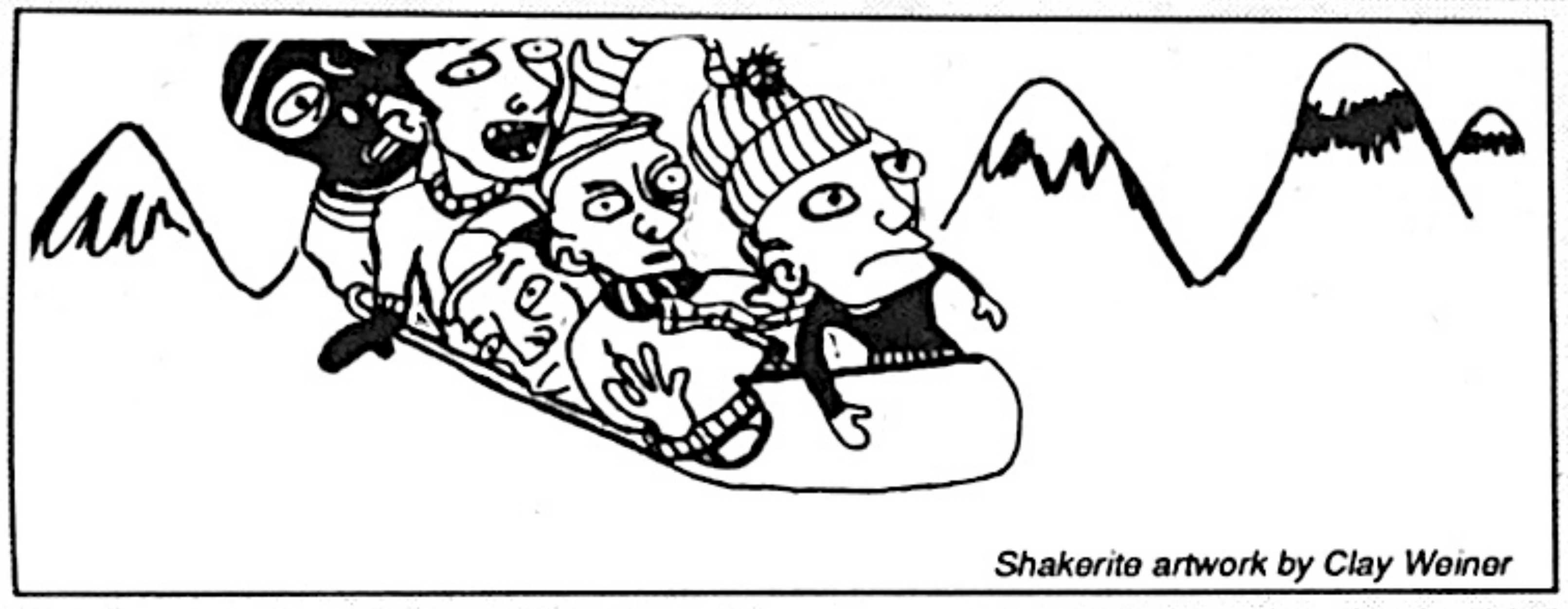
The efforts of one person, or a small group of people are commendable, but without unification, those efforts are often negligible. A strong foundation for social effort must be created in the high school. With the cooperation of the entire student body, the teachers, the administration and the community, perhaps we can move beyond mere public service announcements and make a productive, concentrated effort.

Although the efforts of Pollack's class are an example of the unity and determination necessary to make change, they lack the volume necessary to combat such a monstrous problem.

It is clear that something needs to unify the youth of today. The awakening of social concern stirred within us during the Los Angeles riots and Rodney King incident last year continued through the November election, and now manifests itself in the Somali cause. However, these events are limited in scope and come in spurts. There has been no successful effort to maintain social awareness between such major events and motivate our generation to desire change.

Crises like the plight of the homeless and the rising AIDS epidemic do not occur sporadically. They always exist and there is always a need for help. Our generation's efforts with these types of causes has never been sustained or widespread.

The question remains, when will this event occur? For the generation preceeding our own, the civil rights movement and the Vietnam war mobilized the youth of the country. The feelings on the part of some of that generation that the war was unjust cut across class and racial lines. When will such a cause, which transcends the barriers that separate us, begin to ignite a generation?



Shakerite artwork by Clay Weiner

CHEERS & JEERS

Cheers to Winter Break! We all really need a vacation.

Jeers to homework assigned over Winter Break.

***Cheers** to the Field Hockey team for a great performance in the state tournament.*

Jeers to icy, non-shoveled sidewalks on the way to school.

Cheers to proficiency test schedules. Thanks, freshmen, I really enjoyed the sleep.

Shakerite artwork by Clay Weiner

Jeers to the administration, for the third time, because I still can't go to the bathroom in peace. There are no doors on the toilet stalls. Students should not be treated like animals.

Cheers is a good television show.

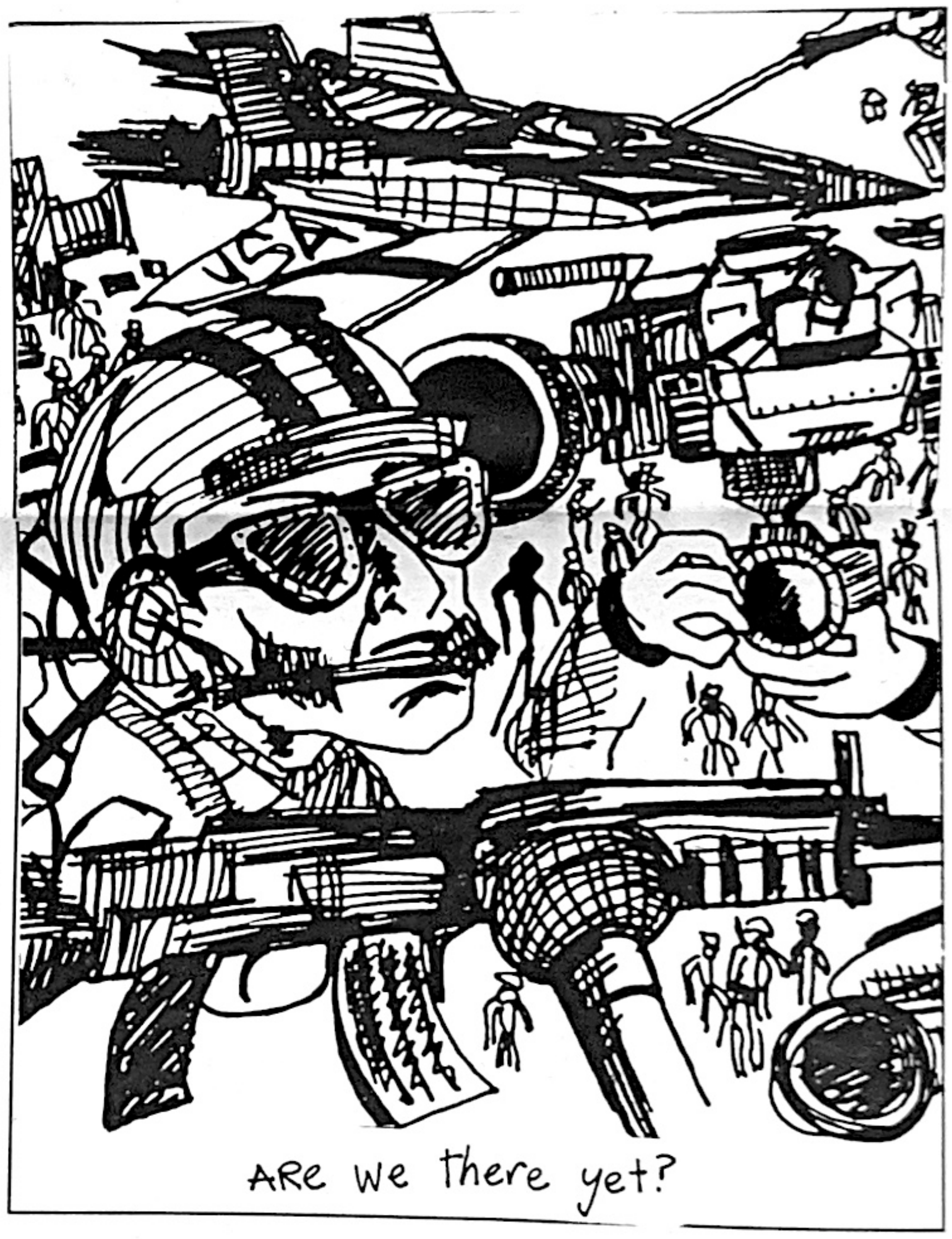
Jeers to Howard Stern. Get a new schtick or get off the radio.

Cheers to Spike Lee's *Malcolm X* and to Disney's *Aladdin*. Finally, some good films for a change.

Jeers to the twenty-three minute lunch period. Give students time to digest their food and relax.

Cheers to skiing, sledding, bobsledding, tobogganning, snowball fighting, ice skating and all of those other fun winter sports. Who says winter is a boring time of year?

Jeers to Arabica for kicking out Shaker students if they don't buy anything. We made you what you are and we will find a new hangout.



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Homeroom lacks purpose

BY JEFF EPSTEIN
Opinion Editor

PERSPECTIVE

It's Tuesday morning and you walk into your second period class. An unfamiliar group of students is sitting there looking bored and laughing hysterically at you.

That's right. You forgot to go to homeroom. How could anyone ever forget something as important as going to homeroom?

By the time most of us graduate we will have spent the equivalent of one day of our lives in homeroom, doing absolutely nothing for absolutely no point at all.

In my case, I have gotten 24 more hours of well-deserved sleep out of the homeroom experience. The 10 minute nap between first and second period every Tuesday helps me to be wide eyed and awake for the rest of my day.

Homeroom is a waste of valuable time which detracts from our education and disrupts our daily schedule.

Frankly, I don't think there are any good reasons for homeroom, but here is a list of the stupid reasons for homeroom.

Stupid Reason Number One: Homeroom is the only time when information can get out to all students.

Reaction: More often than not I get things in second or ninth periods. All students have English classes so that the office can get in touch with us if they need to.

Stupid Reason Number Two: Homeroom is needed to help orient you to the high school.

Reaction: I'm a senior, and three years ago I am sure I would have been willing to come to school a day early to meet my teachers and fill out annoying information cards. Besides, we only need orientation for the first week of school our freshman year.

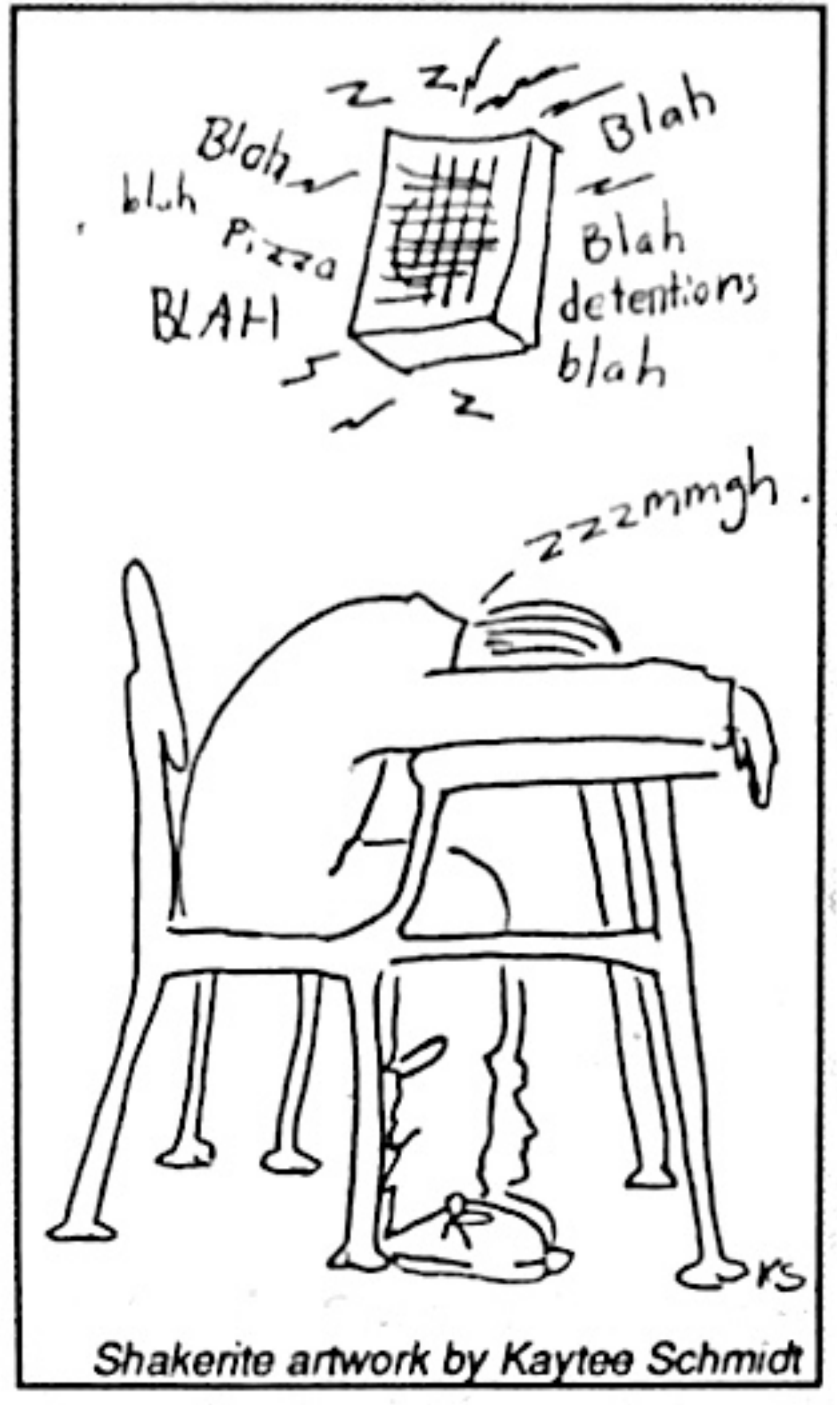
We're really getting somewhere here, aren't we!

Stupid Reason Number Three: What about those emergency medical forms?

Reaction: I've only filled out two sets of them every year since kindergarten! The school should get a photocopier or send them in the mail.

Stupid Reason Number Four: We need homeroom to collect for United Way.

Reaction: OK, OK. Semi-valid point. I give the administration my permission to extend the day two minutes for one week out of the year so our English teacher can pass around an envelope for United Way funds.



Shakerite artwork by Kaytee Schmidt

Is it me or do you get the idea we're going in circles?

Stupid Reason Number Five: Homerooms go to assemblies together, take Stanford Achievement Tests together, take those great Proficiency Tests together and do all kinds of other neat bonding-type things.

Reaction: So what? Assign the students to rooms by counselor and let the counselors administer the test. I'd sure hate to lose the opportunity to really get to know the people in my homeroom (considering I know who about six of them are).

That was about all of the stupid reasons for homeroom that I could come up with (and believe me, it took quite a while to think of five).

Plain and simple, homeroom is an annoying waste. Getting out late on Tuesdays is almost as bad as sitting in classes as the normal dismissal time passes by and realizing that 10 minutes of class still remain. This is quite frustrating, especially when the class is going particularly slowly and you are wishing the bell would just ring.

Homeroom is so boring that I can feel my brain cells dying. If the administration wants to improve on proficiency test scores, maybe they should spend this 10 minutes a day doing something more useful than rotting our brains.

LETTERS TO THE EDITOR

Election issue disappoints

To the editor:

I read your paper every time it comes out. Generally I am satisfied with your paper, but I am greatly disappointed with your Nov. 2 issue. I understand that the majority of the school voted for Clinton in the mock election, but the newspaper's articles were greatly affected. Aren't you supposed to give both sides of the story? I didn't see one pro-Bush or pro-Perot commercial in it. It's all about Clinton!

Another thing I am disappointed in is the article on page 11 named "Student-athletes speak out about diversity". How many people did you question? There is no possible way that every white person in this school never decided to participate in a sport because of their race. It can't be right because I didn't try out for basketball because I'm white. From the looks of the survey, you asked people who were already in sports - of course they decided to participate; they made it! What about the almost all white swimming team or the almost all black basketball team? Don't tell me that only one or two white people wanted to be on the team. There are people who wanted to play, but didn't because they are white.

Joel J. Rathbone, sophomore

Media election coverage biased

To the editor:

In this election year, the media has carried on an old tradition. It has tricked the peasantry into believing in its own significance, this time through anti-incumbency and registration drives. Both are completely self-serving.

The print media is becoming increasingly irrelevant as candidates take their messages on televison. If it wanted to do a real service, it could inform the people of the candidates' proposals, and the truth of their accusations. This, however, would diminish its role as final arbiter of public opinion. There wouldn't be nearly as much manipulation if the public knew the facts instead of opinions regurgitated by editorial boards.

But our only information on what the rest of the public thinks comes through the media. This is what led to the fabrication of the popular revolt against politics. It gave us something to read about in what was otherwise the least important election since WW II.

If people really opposed politics as usual, there would have been more support of minor party candidates. Perot was a creation of the media and his own money. The revolt wouldn't have existed without the media as the catalyst. Voter registration drives are also misguided. In America, citizenship entitles a person to one-hundred-millionth of the choice of his oppressors. However, apathy is also a necessary part of democracy. The process lends legitimacy to the government while curtailing gross abuses of power. Encouraging populism only perpetuates the current scatocracy.

Chris Currivan, senior

Students respond to harangue

To the Editor,

We would like to rebuke the viewpoint of Jake Kramer expressed in the previous Shakerite. After reading his letter to the editor, we were curious as to the definition of the word harangue, which he used to describe his opinion, and quite appropriately the American Heritage Dictionary states that it is a "long obnoxious speech."

He expressed that Perot's economic plan was the best and claimed that Clinton and Bush had plans full of holes. However, of the three, Perot was the most vague. The only specific we can recall of Perot's plan was the 50 cent gas tax over five years. Clinton, on the other hand, has been very forthcoming with specifics on taxation and projected expenditures. Bush, while not to the degree of President-Elect Clinton, has certainly made a better effort than Perot. Even the man who wrote Perot's economic plan supports Clinton, and we have no idea which economists Mr. Kramer refers to who support Perot. Well, we all know how it turned out.

Mr. Kramer also referred to the *Shakerite* and the media in general as a "valueless drone." We agree the media has manipulated the polls, but the endorsement is on the opinion page, and it is the opinion of the editorial board; it is not factual. Also, there was a supplement that allowed the reader to read facts on all three candidates. The media isn't the greatest part of our society, but it's about all we have for right now. We eagerly await Mr. Kramer's next open-minded, well researched harangue.

Jeremy Liegl and Shalin Shah, seniors

Sibling rivalry transcends normal sense of competition

BY EMILY TROIA
Staff Reporter

If there's one thing I hate it's when people tell me one day my sister and I will be the best buddies in the whole world. Why can't people allow me to dislike my sibling in peace?

People say that at one point I'll actually look forward to seeing my sister for extended periods of time. That's something I'm looking forward to with a passion.

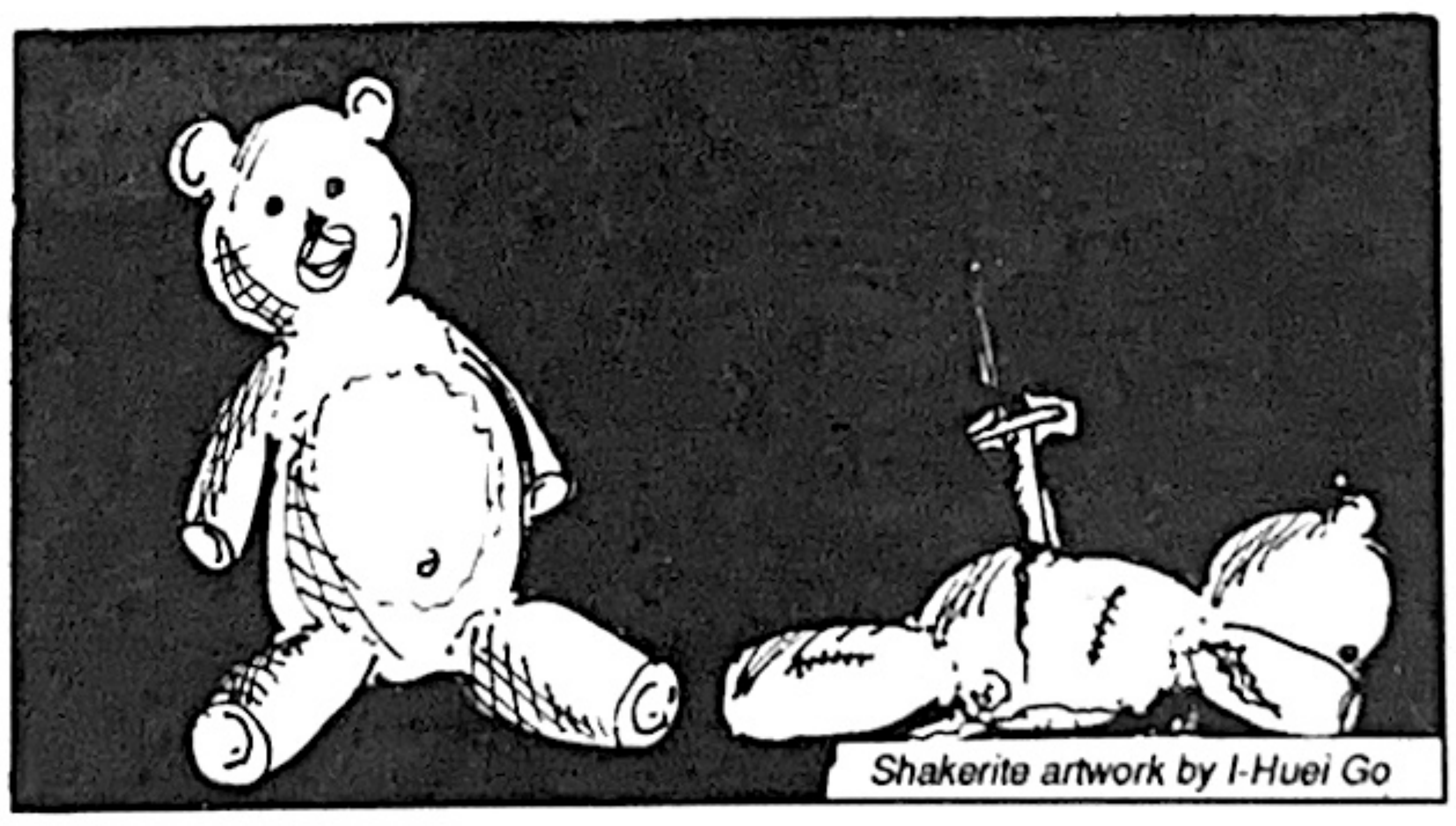
I find certain comfort in the reality that at some point I will no longer have to spend time with the individual who found it entertaining to clip a leash on me and convince me I was a dog for an afternoon. I don't know. Maybe it's just me, but I find no great joy in the knowledge that someday I'll be laughing intead of cringing when I think about an afternoon of crunching Purina and begging for treats.

When somebody tells me that someday I'll miss the good times I had with my sibling, I can only remember the times when we played Office and she got to be the Boss because she was taller.

Despite this, I can certainly see where hours of running errands and answering imaginary phones will someday form a certain nostalgia when I see stenographers.

For right now, I live my daily life counting down the days until my sister is college bound (approximately 10 months 3 weeks and a few days.) I cringe every time I'm informed that someday I'll miss her and her sisterly love.

Was it her sisterly love that persuaded me to used my stuffed animals when we played together? Did that loving heart hatch a plan where her stuffed animals remained clean and untortured while mine ended up worse for wear? Sure, looking at my headless Teddy, I'm always reminded of that fun filled afternoon of surgery with my loving sister and *my* stuffed animals.



Shakerite artwork by I-Huei Go

To add insult to injury, these wise men of my future inform me that someday I'll call my sister up for advice and support! Gee, I can really picture this one clearly.

I know that when I'm feeling down my sister will leap to my aide. The only time I recall my sister leaping to anything involving me is when she leaped at me to pour milk all over my head.

Okay, maybe I did stuff to her too, like the time my boots were possesed and tried to take over her stomach, but on my sisterly ledger it doesn't even out.

Adults are severely misled in their belief that one day I'll have a good relationship with my sister. Sometimes, the only thing that saves me from doing a study in sororicide is the basic fact that I wallow in hostility instead of insanity.

All I ask is that people stop prophesying about my future relations with my sibling. You know that people say that if you say something too much then it might come true.

I just hope that people haven't already ruined my chances for my sister and I to be sworn enemies. Even now I see signs of our malevolent chances slipping away and friendship shaping on the distant horizon. Sometimes, I even feel my animosity toward her to wane. (Scary, huh?)

I guess some of us never have any luck when it comes to siblings.

Freedom of expression vital in school experience

BY JOSHUA GOODMAN
Co-Centerpiece Editor

One of the primary purposes of school should be to allow for the free expression of ideas. This applies to both the learning which takes place in the classroom as well as the behavior and attitudes exhibited by students outside of classes. Why then, are teachers and administrators so concerned with what students wear and how they act between classes?

Schools by nature are much more than just an academic institution. They are a place for students to develop socially both inside and outside the classroom. Part of this development includes learning to understand and respect the behaviors and attitudes of others.

Complaints about the behavior and language exhibited by students are not without merit. Quite honestly, I wish our hallways could be a little quieter and less crowded, but as the saying goes, "kids will be kids".

Sure, students will cuss, push and use degrading language in the halls, but I do not believe the administration should have any authority over what we do during the five minutes they give us between classes.

Added security and hall monitors are not the solution to improving student behavior. These types of enforcement only anger students further and cause them to rebel. The administration as well as teachers need to accept the reality that kids commonly speak using swear words and need time between classes to vent their frustrations.

With a rigorous 10 period schedule which allows for only a 23 minute lunch break, it is no wonder why students use the brief five minutes they get between classes as an opportunity to release some of their tension and built up anxiety. Twenty-three minutes for lunch is barely enough time to eat, yet alone socialize and relax.

Another complaint held by many teachers and administrators concerns the clothing worn by students. Again I feel the administration is in the wrong. Students who choose to wear their pants in a "sag", or who choose to wear Starter jackets to class or even to wear t-shirts which have sexual overtones should enjoy the same rights and be treated the same as those who wear polo slacks with button down shirts.

I am not advocating disrespect towards authority, but the administration and teachers need to understand that although kids today dress in a manner which they may not approve they must allow it to continue. As long as a student's dress or speech does not personally degrade an individual or a group of individuals or seriously disrupt the learning process, it should be allowed.

Dress codes have no place in a public school, especially in Shaker which is well known for its liberal philosophy.

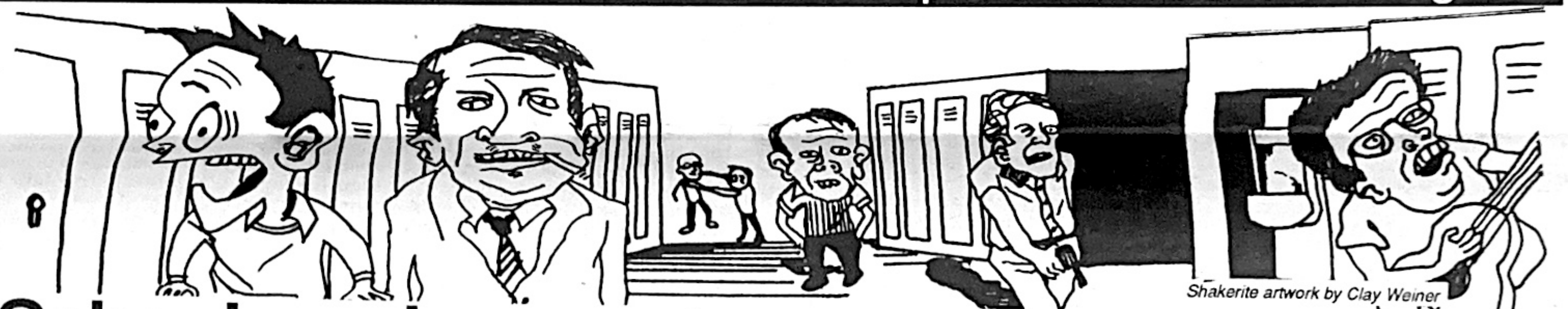
In East Cleveland the board of education has passed a strict system-wide dress code which requires students to wear white or light blue tops and navy or black pants. Students are required to wear a belt and not allowed to wear tennis shoes or jeans. Is this what we want? I certainly hope that our school will continue to respect the rights of students to wear what they choose.

Not only do I find the administration's attitude towards student behavior disappointing, but I find it to be an indictment of our Constitution. Our first amendment guarantees freedom of expression. In both U.S. history and government, we are taught this basic truth. Why then, are the same principles which we are taught in class ignored when we step into the halls of Shaker? I for one have difficulty accepting this hypocritical attitude. How can we be taught to accept the Constitution in principle but not in practice?

Indeed, the courts have for years upheld the right of students to wear what they want. In the Supreme Court case of *Tinker v. Des Moines Independent School District*, the court ruled by a vote of seven to two to uphold the right of freedom of expression for students. Stating the majority opinion, Justice Abe Fortas wrote "In our system, state-operated schools may not be enclaves of totalitarianism. School officials do not possess absolute power over their students. Students in school as well as out of school are 'persons' under the Constitution."

The Hallways

Does student behavior between classes fall under the protection of first amendment rights?



Shakerite artwork by Clay Weiner

School, environment promotes lack of respect

BY PAUL SPRINGSTUBB
Guest Writer

Does hallway behavior tell us anything significant about a school? Does day to day student behavior reflect the spirit of a school? I'd answer yes to both questions. Sadly, from this perspective, the behavior in our hallways is the antithesis of what I would expect in a school with the rich resources of Shaker.

I would invite those who think the behavior around here is acceptable to read the papers 30 or so of my seniors wrote "On Shaker Spirit". Here's a sampling:

Students complained of the obscenities hurled in the halls, the deterioration "as far as warmth and compassion are concerned," "the trash dropped in the halls —not to mention the cafeteria—the clogged sinks and trashed bathrooms."

"The disrespect for the school itself affects everybody's school spirit, but the way Shaker students treat each other does too. Personally, the pushing and shoving in the halls is something that I can't stand! Would it kill you to say excuse me?"

"It is so embarrassing when disruptions occur due to the ignorance of African American students because whatever they do reflects on the African American students who are not disturbing the program. It shouldn't be this way, but no one has control over what people think of them. I wish they would realize that although it may not be their intention what they do does affect more people than they think."

Could these problems be "solved" with a crackdown by staff including hall sweeps and lockouts at the bell or more suspensions for unacceptable language? Yes—repression will generally bring about some sort of superficial silence.

A real solution, however, will require people who want to reshape the uniquely diverse population of this school into a community.

Ask yourself this question: Do people behave themselves in a place that they care about? Of course they do. And if they do, then to make sense of the unacceptable behavior at Shaker we have to ask why so many students don't care.

All I can do here is offer some questions and comments which I hope will suggest just how much change we need in order to transform this school into a community—a place that people care about.

> ❝ *A real solution, however, will require people who want to reshape the uniquely diverse population of this school into a community."*

Are we dealing openly with black and white issues at Shaker? What truth is there in Anthony Gantous' opinion that "Any fool can see the racial tension at Shaker...there is hardly any integration among the students...and unless the administration, teachers and students wake up out of their dream world we will never become a truly integrated school." What of P.J.Kopelson's assertion: "I know for a fact a great many white people at Shaker have some racial prejudice toward blacks. I also see equal numbers of blacks carrying a lot of hatred toward whites. Shaker is known as an integrated school; however, it truly isn't. This is probably the greatest tragedy of all. We are distinct groups of AP students, or blacks, or metal kids...Teams aren't spirited in factions and neither are schools."

How does our leveling system impact on community? "Even though it is not its intention, this system promotes discrimination. Typically, the white and black students become isolated from one another because there are not many black students in the higher level courses." This comment of Andy Resnick strikes at a major issue in education today: the damning features of leveling or tracking systems. (The levels, incidentally, reflect family income far more accurately than "ability". See Jennie Oakes, *Keeping Track.*)

Do we dare ask whether Claude Steele's assertion in "Race and the Schooling of Black Americans" applies to Shaker? "For too many black students school is simply the place where, more concertedly, persistently, and authoritatively than anywhere else in society, they learn how little valued they are."

Does the factory-like school day—with its bell-driven, 50 minute segments of totally disconnected academic experiences help support an energetic, committed learner who feels a loyalty to the institution that has created such a meaningful environment?

Do new students arriving in Shaker experience a sense of welcome in this high school from other students?

Do you see a concerted effort to involve everyone in the activities at this high school? Or is there a shrugging acceptance that certain areas of school life here are largely white or largely black?

Is a sense of "feeling at home" encouraged when the administration, security and staff attempt to drive students out of the building at 3 p.m. every day?

Would it help shape a community if we asked students how we might better serve them?

The pity is that Shaker has done little more in the way of achieving a true community than the larger society. Like most schools Shaker merely replicates the larger culture with all of its unresolved conflict. I'm not content with this. Schools can contribute more to making this society work.

Having said all of this, am I excusing those who create mayhem in our halls? Not at all. The individual remains responsible; however, the institution has its own responsibility to see that it functions in a manner that empowers the individual. To make this happen would require a critical reevaluation of every aspect of this place. Unfortunately, high school teachers are usually isolated, up to their neck in work—whether grading, counselling, disciplining, teaching or preparing to teach, in short, trying to survive—hardly prepared for an encounter with the underlying institutional problems which I truly believe account for the behavior in our halls.

Disney strikes again

BY DANNY RATNER
Managing Editor

As I was entering the movie theater to see Disney's *Aladdin*, I began to reflect on who's idea it was to see it. I was not thrilled about going to watch a cartoon movie that was supposedly for kids. But I was pleasantly surprised.

The fact is, this movie is, as Ross Perot might say, HIlarious. That probably had a great deal to with Robin Williams' voice being cast as the role of the genie of the lamp. As the movie went on, I came to the conclusion that some of the humor was simply too sophisticated for little kids to really get. But don't worry, I won't give away any of the jokes.

Shakerite artwork by Ledel Johnson

For those of you who don't know the story, as I didn't, I will summarize briefly. Aladdin (voice played by Scott Weinger), a young man whose chief occupation is stealing, meets the princess of Agrabah, Jasmine (voice by Linda Larkin). She has just ran away from home because by law she is required to marry a prince by her next birthday, which is in three days. However, she wants to marry for love alone.

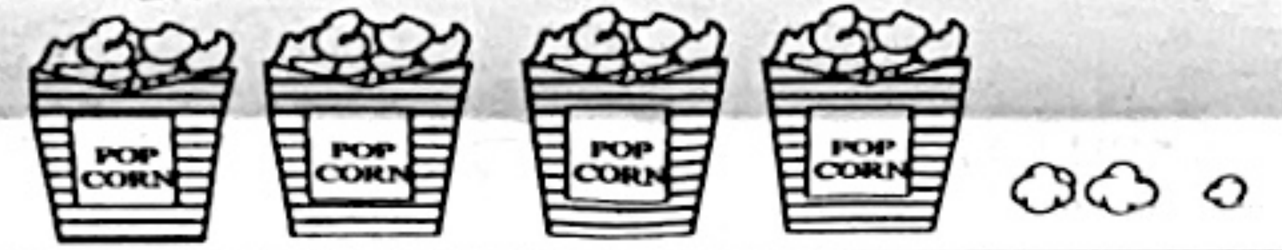
It is at this point in the film when all the characters become intricately tangled together. The Sultan's chief advisor, Jafar (voice by Jonathon Freeman), is secretly plotting to take the kingdom for himself. By some stroke of luck, he needs Aladdin for his plan to work. For, it is Aladdin, alone, who can fetch the magic lamp, containing the mystical genie. He kidnaps Aladdin for this purpose and in the process, Jasmine is crushed. We find here that she has fallen in love with Aladdin, but Jafar tells her that Aladdin has been executed.

Jafar, disguised as an old prisoner, "helps" Aladdin escape the dungeon. He leads him to the magical cave containing the lamp. Aladdin and his faithful monkey-friend, Abu, walk wearily into the deep, dark chasm. Along the pathway to the lamp, they find their friend-to-be, the magic carpet. To make a long story short, Jafar tries to double cross them and take the lamp and trap Aladdin and company in the cave. He fails, however, when Abu shiftily steals back the lamp just before they are trapped. At last, the genie enters into the scene.

From this point on, the movie is visually astounding and hysterically witty. The genie provides most of the brilliant scenes with his magic and the employment of Robin Williams' great humor. I will not neglect to compliment the writers; this was probably the most impressive part of the production. The genie certainly does not provide the only entertainment, however. Jafar's trusting pet bird, Iago, used sarcasm tremendously well. I spent the whole movie trying to place his voice. I could see the man's face clearly in my head, but it took the credits to remind me that it was Gilbert Gottfried. Even the nature of Aladdin and Abu made their characters enjoyable from the start. Seeing them carrying out their daring plans of theft was a remarkable sight to see.

The story is one of a struggle between good and evil and the strength of love. All in all, the movie has incredible animation and imagery, fantastic humor and marvelous strength of character. This is a must see. To tell the truth, I had not seen a recent Disney movie, such as *The Little Mermaid* or *Beauty and the Beast*. But even those who have seen them are proclaiming this to at least equal their efforts. Siskel and Ebert gave it two thumbs up. My question is, why not four?

Rating (out of five):



'Malcolm X' rates a perfect five

BY JAMIL SMITH
Co-News editor

X. One cannot mention the letter in America today without the thought of director Spike Lee's recently released epic film *Malcolm X* entering his or her head.

The new film, which never felt like it was really three hours and 21 minutes, depicts the entire life of the martyred Muslim minister, who is portrayed by Academy Award-winning Denzel Washington (*Glory, Cry Freedom*). The film's setting ranges from Boston to Harlem to jail to the holy Islamic city of Mecca, where Malcolm makes his holy pilgrimage, or hajj, less than a year before his death.

Malcolm X is essentially split into a trilogy: the first, the story of Malcolm's descent into the underworld of drugs and gambling, the second, the story of his arrest, jail term, and eventual conversion to Islam, and the third, his escalation into power as the national spokesman for the Nation of Islam, his break from them and his assassination in 1965. When the movie begins in wartime Boston, the audience is exposed to the rather funny sight of Washington and Lee, who plays Malcolm's friend Shorty, with "conked" (chemically straightened) hair dancing in pastel-colored zoot suits. But on a more serious note,Malcolm soon turns to crime, as he becomes involved with a gangster named West Indian Archie (Delroy Lindo) in Harlem and begins running numbers and selling and using drugs. When a conflict arises between Malcolm and Archie, Malcolm's life is endangered and he flees with his white girlfriend, Sophia, and Shorty to Boston. The pair commits several robberies, but are soon caught.

The second segment begins when Malcolm is sentenced to 10 years in jail in 1946. He is sent to prison in Massachusetts. When he arrives, he remains hardheaded and defiant. However, his attitude begins to change when he encounters a fellow prisoner named Barnes (Albert Hall). Barnes teaches Malcolm to have pride in himself and his blackness. He also introduces Malcolm to the Nation of Islam and its leader, the Honorable Elijah Muhammad. Malcolm converts to his newfound religion and sheds his former image.

The final segment of the trilogy begins when Malcolm is released on parole in 1952 and immediately begins work for Elijah Muhammad (Al Freeman, Jr.) He returns to Harlem, begins spreading the Black Muslim philosophies that many whites at that time termed as "reverse racism". Malcolm is appointed as Muhammad's national minister and begins to gain nationwide popularity. He begins speaking at large rallies and on several talk shows. This is really where Washington's performance begins to shine. Washington's portrayal is eerily authentic. The ferocity and determination in all of Malcolm's speeches that I have ever heard were shown through the face and voice of Washington.

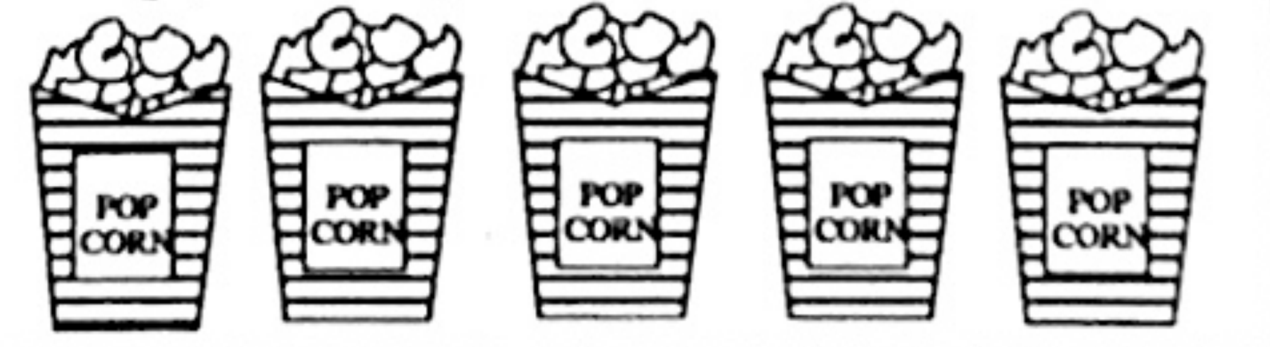
The film's most magnificent scenes occur in the holy city of Mecca after Malcolm's break from the Nation in 1964. Mecca is where every Muslim, if humanly able, has the duty of making a pilgrimage, or hajj, in their lifetime. *Malcolm X* marks the first time in history that a film crew has been allowed within Mecca. In these scenes, we hear the eloquent voice of Washington reading Malcolm's actual letters written to his wife from Mecca. In those letters, we hear the transformation of Malcolm's thinking from one that proclaimed all whites to be "blue-eyed devils" to one that did not generalize, since many whites were also making their hajj.

After he returns, Lee spares no detail in showing the audience the final days in the life of Malcolm X. Malcolm moves to a hotel alone after his home is fire-bombed. A week later, on Feb. 21, 1965, Malcolm heads off for the last time to speak at Harlem's Audubon Ballroom. As he drives to the rally, Lee adds a prophetic element by playing "A Change is Gonna Come", the last song that rhythm-and-blues singer Sam Cooke recorded before he was murdered. At the meeting, Malcolm is brutally murdered by three men who were later identified as followers of Elijah Muhammad.

The rest of the film is a collage of remarks and scenes, which finally end in the black township of Soweto, South Africa and a very unexpected cameo.

This film made me angry. It made me cry, a thing that only one other film has made me do. However, most of all, it made me think - about what a great man Malcolm X was. This is a great film about a great man.

Rating (out of five):



Confessions from a Stern supporter

BY JOSH GOODMAN
Co-Centerpiece editor

COMMENTARY

It's Monday morning and you are driving to school. All is quiet in your car, when suddenly a loud-mouth disc jockey interrupts your otherwise mundane drive. He talks about his sexual fantasies with movie stars and he remarks on his body parts.

No, this is no joke. It is the vernacular and frequently graphic language of the syndicated New York disc jockey Howard Stern, Cleveland's newest and America's most controversial radio personality.

OK, I admit that I like Howard Stern. While I often disagree with many of Stern's comments, my attraction to him stems primarily from my curiousity. Recently, a friend told me that listening to Stern is like standing in line at a grocery check out and looking at the tabloid magazines, hoping that no one will see you. I could not agree more. Still, it is time that we Stern supporters come out of the closet and be proud of who we are.

Every morning for five hours, Stern and his cast of supporting characters fill the airwaves with their rash commentary on issues ranging from sexual fantasies, masturbation, beastiality, politics and current social trends. Stern's show consists entirely of commentary and contains no music. He regularly hosts celebrity guests, entertains listener phone calls, and plays on-air games with titles such as "Lesbian Love Connection" and "Butt Bongo".

In 1985, Stern was picked up by a failing radio station and immediately boosted the station's rank from 21st to first place in New York City. Seven years later, Stern appears to be revolutionizing the radio industry by becoming one of the first radio disc jockeys since Lenny Bruce to be syndicated in eight cities. He has achieved number one status in four of them. In Cleveland, he is heard every morning from 6-11 a.m. on WNCX-FM. Doug Podell, WNCX-FM operations manager, said he predicts Stern to make the station number one in the morning within a year.

This winter, Stern will become host of a new weekly interview show on the cable entertainment network, E! Stern has also just released a 90 minute video entitled *Butt Bongo Fiesta*. In addition, plans are being made for Stern to star in a feature film, titled *The Adventures of Fartman*.

Regardless of what one thinks of Stern's humor, none can deny his popularity. Although *The Howard Stern Show* is intended for an audience between the ages of 18 and 35, it has enjoyed popularity among students at Shaker.

Podell said that while he would have trouble with someone under the age of 13 listening to the show, high school students are mature enough to comprehend Stern's subject matter.

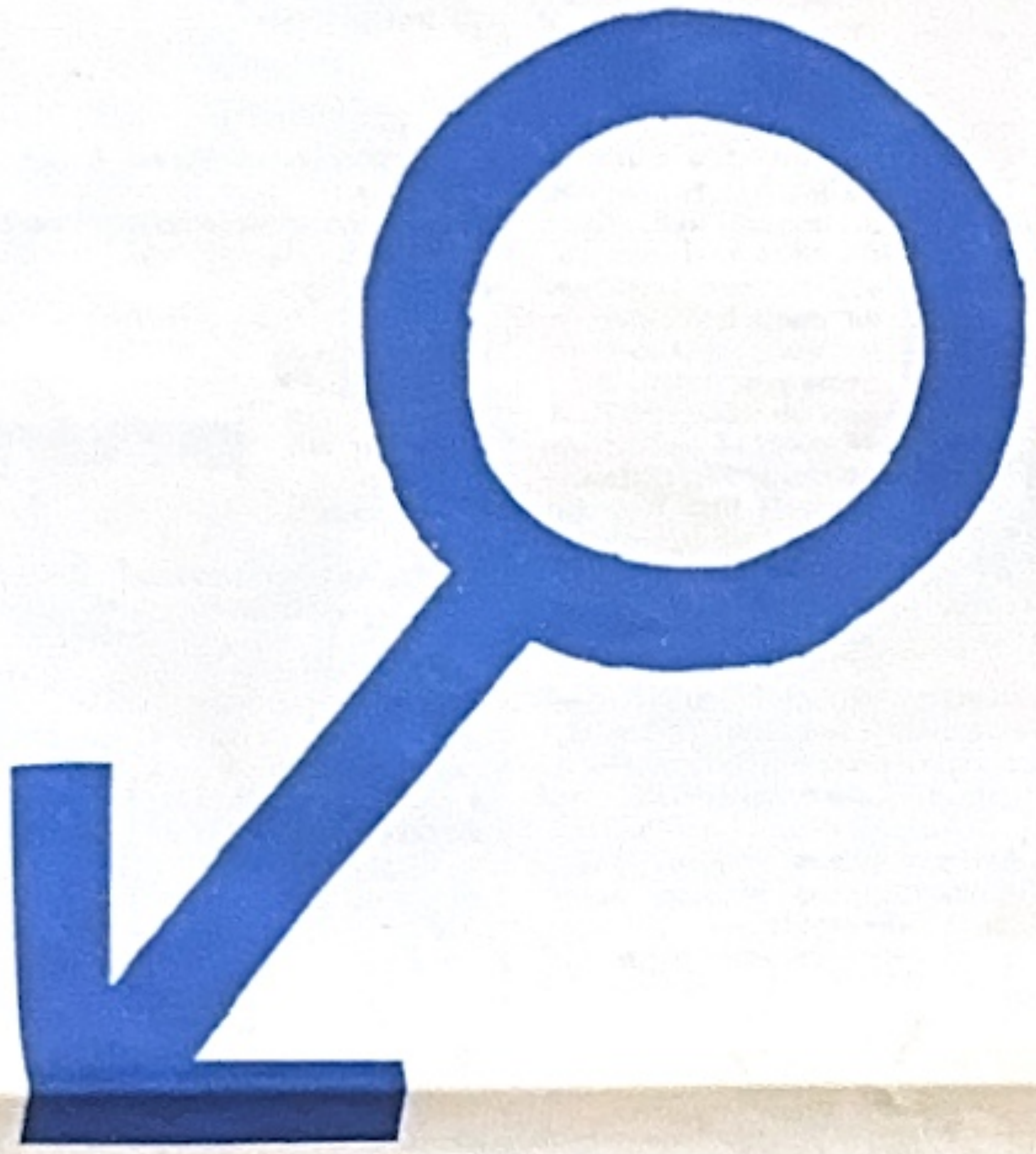
"Howard Stern is a satirist. He says things only to provoke people to think about what's going on in the world," Podell said.

With his raunchy and offensive commentary, it is no wonder that Stern has been the focus of criticism by those who would like to see him off the air. Among these critics are the Federal Communications Commission, who in this past month levied an unprecedented $105,000 fine on the Los Angeles radio station which airs his show. The commission is also considering revoking the license of Stern's current employer, the Infinity Broadcasting Corporation.

Just how much longer Stern will be on the air is as of yet unknown. However, one thing for certain is that his fate is directly related to the future of free speech in America. One does not have to approve of the show's content to respect Stern's right to voice his opinion. In America, everyone *should be* entitled to their opinion. Whoever said free speech had to be 'well-mannered' or 'decent' speech? What is to be feared here is not Stern, but those conservative censors, who wish to impart their religious beliefs on others and invalidate our first amendment.

The proper response to Stern is not exercising the power of censorship, but exercising the power of free choice. As far as I know, all radios come equipped with an on/off switch.

Balancing the Scales of Gender



Women strive for equality

BY REBECCA DAVIS
Feature Editor

She's getting sick and tired of people telling her she's menstrual whenever she expresses emotion.

And she's waiting for the day when a man's body is exposed on television or in the movies to the extent that a woman's is shown.

Most of all, she sees disparities in gender equality and feels cheated out of life's most basic rights because she is a woman.

After the Rodney King verdict was announced last May, junior Elizabeth Hammack spoke out in her Latin class about her frustrations.

"I was really upset about [the jury's decision]. People who later made speeches about how upset they were about Rodney King told me I just had PMS and should shut up," Hammack said. "There's a sort of sexism that when women aren't emotional enough they're insensitive and maybe unfeminine, but if they're sensitive at all, they're considered weak."

Senior Karen Sykora said her eyes have only recently been opened to the problem of sexism, and since that time she has noticed differences in the equality between the sexes similar to the ones Hammack observed.

"My personality is so opinionated and outspoken. If I were a guy I would be more respected for it, but because I'm a woman, I should keep quiet. Outspoken men are thought of as aggressive and climbing the ladder of success, and outspoken women are though of as bitchy," Sykora said.

On the same token, Sykora said she often uses male sexism to her advantage, playing on the stereotypes she thinks other people have of teenage women.

"If a teacher is going to let me sleep during class or write notes during class just because I'm a dumb girl, I'm going to do it. In the end I'm going to be proving him wrong with how I succeed. If smiling at a cop and being flirty is going to get you out of a ticket, then why not. It's his stupidity, but it works to your advantage, so milk it," she said.

Senior Colleen Welsh said she refuses to use her "feminine wiles" and said society's ideas of women as feminine and less intelligent than men are not advantages.

The Real World

In a country where even the Declaration of Independence excludes women from the statement, "all men are created equal," many women said they see a long road ahead for women's equality.

Delores Groves, principal of Woodbury Elementary School, said she has struggled against gender discrimination in her graduate courses, in her professional career within the district and in dealing with other principals and teachers.

"In social settings, a man will say, 'Hello, I'm Dr. Simpson or Mr Jones. How are you, Delores?' The same respect for someone's status is not given to the female, and I think sometimes that comes from a cultural bias or insensitivity to social graces," Groves said.

Denise Dufala, television anchor for WJW-TV, said that women's equality will improve only when every woman takes it upon herself to change attitudes and to defend her own rights. Sexual harassment in the workplace or in schools should not be tolerated and should be confronted at its source.

When she worked at a station in Columbus, Dufala said she spoke out publicly against a man who had harassed her.

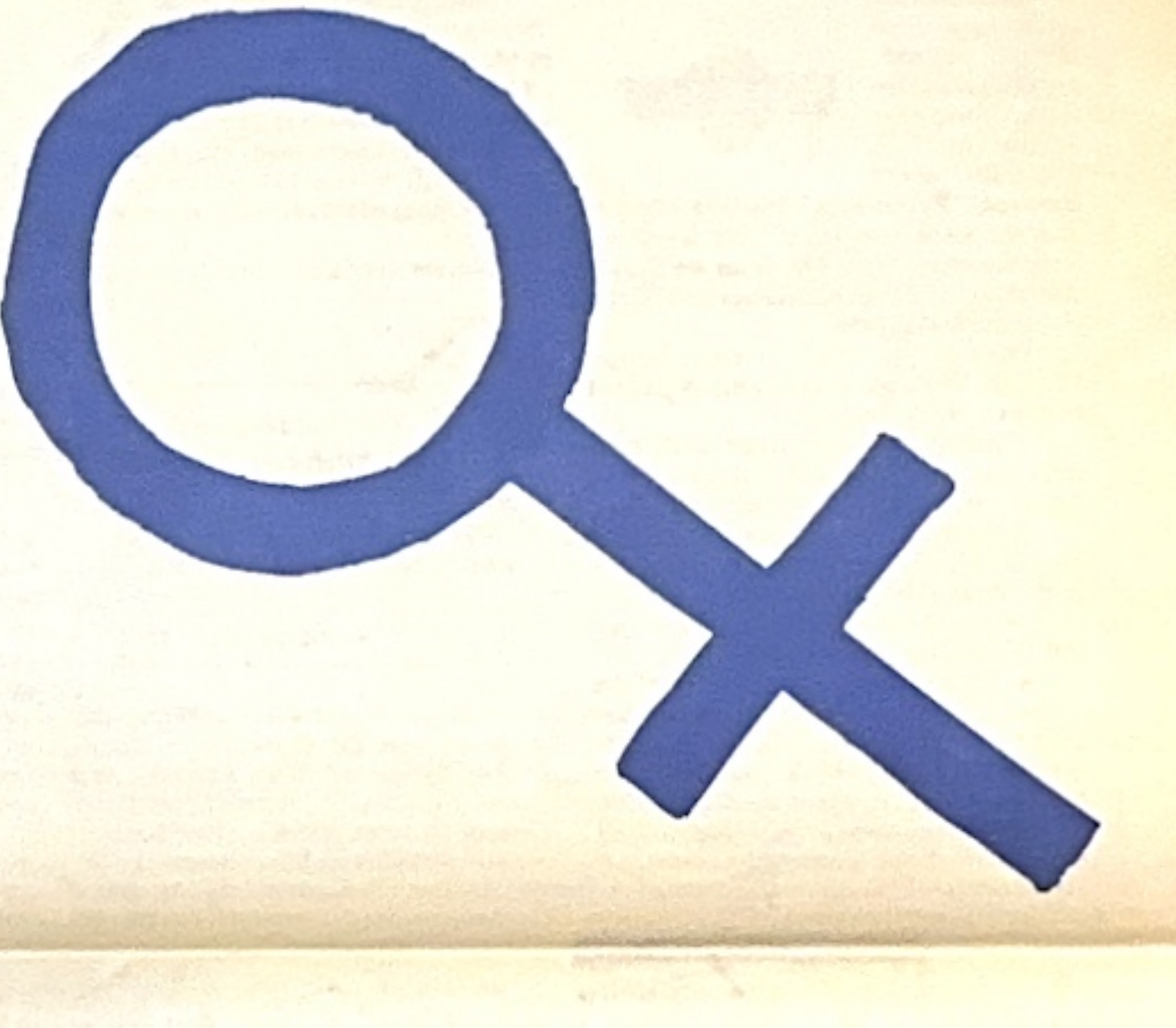
"I said, 'Look, I don't know who you think you're talking to, but I'm an equal in this place, and you will treat me as such.' And from that day forward he was nice as pie. You've got to have guts and stand up for yourself," Dufala said.

Placing the women's movement in historical perspective, social studies teacher Susan MacDonald said she is encouraged. The stereotype of women as housewives began as recently as the 19th century with the rise of industrialization, she said. Women from pre-history until the Renaissance enjoyed many of the same rights as men did.

"That gives me a little bit of humility and hope to know that for most of human history, women were allowed to be constructive members of society," MacDonald said. "It's only been the last 100 years that that stereotype of the woman belonging in the home has been around."

Hammack sighed and rolled her eyes disgustedly when she thought of how the movement for women's equality could ever be completed. She then straightened in her chair and leaned forward, her self-admitted emotion fueling her words.

"People need to stop basing their image of women on outdated stereotypes, and women need to also stop buying into those stereotypes," Hammack said. "I don't mean that everybody should just run out and get a job and be the super mom and high powered career woman all in one, but they need to do what they want, not what they've been told to do."

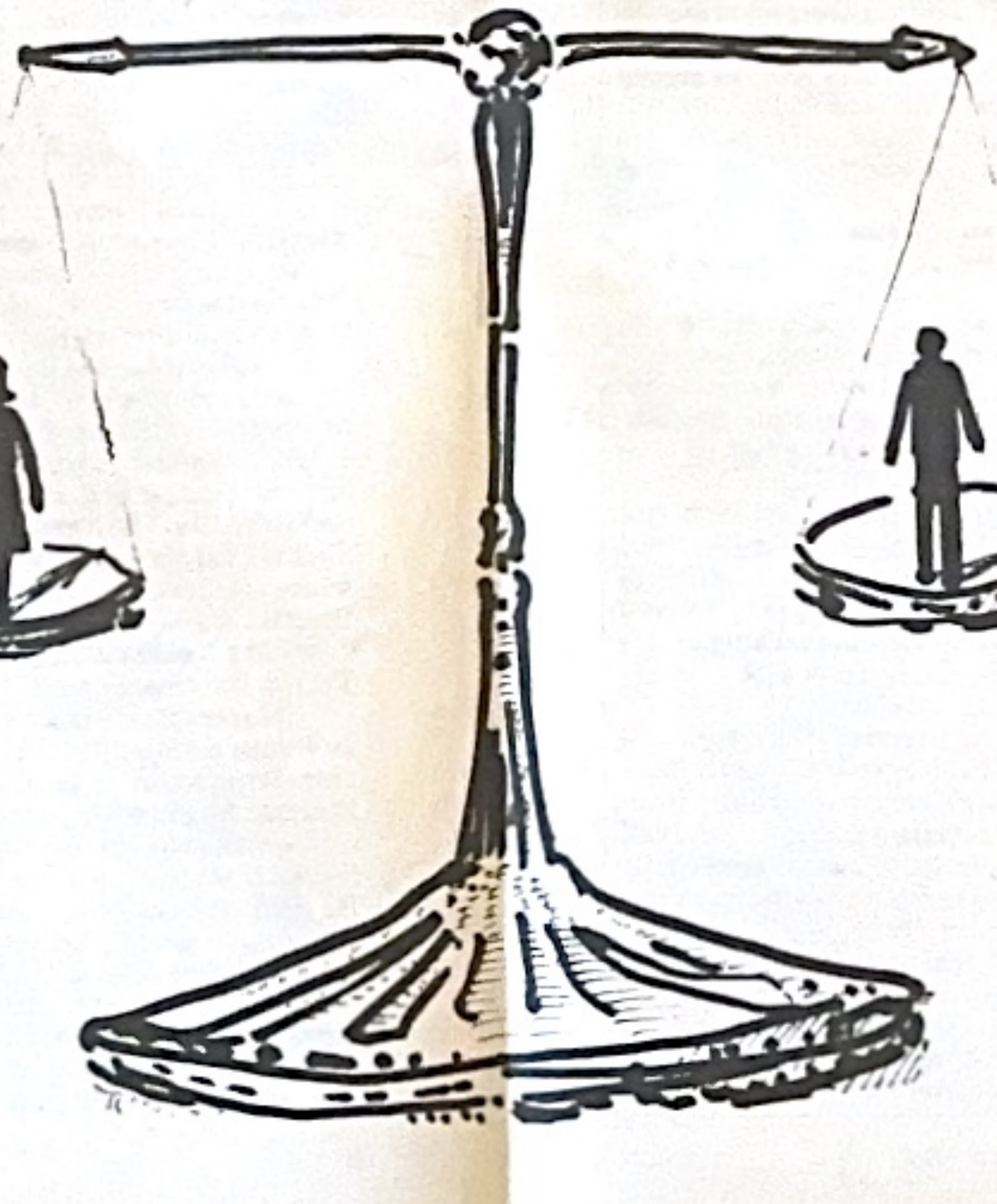


Women through the decades

BY KEVIN COLE
Staff Reporter

The significant women and events listed below have impacted society and the women's movement.

- 1833: Oberlin becomes the first college to admit women.
- 1849: Elizabeth Blackwell becomes the first certified female doctor.
- 1903: Marie Curie becomes the first woman to receive the Nobel Prize for physics for her discovery of radium.
- 1917: Jeanette Rankin becomes the first female Representative to Congress. She served until 1919 and again in 1943. She was the only Representative to vote against both World War I and World War II.
- 1921: Edith Wharton receives the Pulitzer Prize for her fictitious novel *Age of Innocence*.
- 1960: Sirimavo Bandaranaike of Sri Lanka becomes the first female head of state.
- 1963: Betty Friedan creates the National Organization for Women (NOW)
- 1973: The Supreme Court rules in the case of *Roe v. Wade*, guaranteeing a woman's right to have an abortion.
- 1981: Sandra Day O'Connor becomes the first female Supreme Court Associate Justice.
- 1983: Sally Ride becomes the first woman astronaut in space.
- 1984: The Democratic party nominates Geraldine Ferraro for Vice-President of the United States.
- First nation to allow women to vote: New Zealand
- Percentage of women in the 1990 labor force: 44 percent
- Females make up 15 percent of all doctors in the United States.
- Females make up 15 percent of all lawyers in the United States.
- Females make up five percent of all engineers in the United States.
- The 103rd Congress will include four female Senators and 36 House Representatives.



Shakerite artwork by I-Huei Go

'Fact,' fiction separate sexes

BY NANAR TABRIZI
Co-Centerpiece Editor

Despite women's progress in recent years, several common beliefs between the sexes still prevail. Listed below are those scientifically confirmed and unfounded beliefs. To date, sex differences in visual, mathematical, or verbal abilities, have not been demonstrated to have any physiological basis.

Affirmed Differences Between the Sexes

- Females are generally more proficient at verbal skills.
- Males have shown to excel in mathematics or tasks that require visual-spatial reasoning. For example, males can better imagine how a cube constructed of black and white blocks would look from either side.
- Males often attribute their failures to luck, while females are more likely to attribute their failures to lack of ability
- Males are usually praised for cleverness while females receive their attention because of their physical features.
- Fathers generally have more physical contact with boys, which develops the idea of distance, time, and movement through space. Males will later relate more to math and science because of such "roughhousing."

Unscientifically Founded Common Beliefs About the Sexes

- Females are more socially orientated.
- Females are more receptive to suggestions.
- Females have a lower self-esteem.
- Females and males have different learning abilities.
- Females are less analytical.

Winter concerts: Music department kicks off season

BY COURTNEY MASINI
Staff Reporter

MUSIC

The bands, choirs and orchestra are resting after their winter concerts which were held Dec. 15 and 16.

The choir and orchestra concert was held last night at 7:30 in the high school auditorium.

The Chanticleers sang a 20 minute choreographed medley from "Into the Woods". A Cappella Mixed choir sang "Komm Musik" by Hans Hassler, "Set me As A Seal Upon Your Heart" by Rene Clausen, "Hold On" from the Broadway musical *The Secret Garden* and "Good News In the Kingdom".

Prior to the concert, senior Nicole Strachan, Chanticleers president, expressed optimism about the medley.

"Chanticleers has worked really hard and I'm sure all the hours we've spent working on it will pay off," Strachan said.

A Cappella Womens' sang "Were I A Tiny Bird" by Robert Schuman, "Oh Lovely Piece With Plenty Crowned" by Handel, "The Movie in My Mind" from *Miss Saigon* and "No Hiding Place."

At the end of the concert, alumni who were present in the audience sang two songs with the choirs. These are "Hallelujah" from Handel's *Messiah*, and "The Lord Bless You And Keep You" by Peter Lutkin. Director Dr. Ron Morgan looks forward to seeing all the alumni come back and sing. He said that it is an old tradition and that alumni of all ages come to see the concert.

The orchestra performed Tchaikovsky's "Elegie" from "Serenade for Strings", excerpts from Bizet's *Carmen*, *The Gift* by Hofeldt and *Enchanted Castle* by Glasunov.

Director Tracy Powers is pleased with how the orchestra sounds.

"Some of the numbers I chose as an experiment , and they've more than met the expectations of what most kids this age can do," Powers said.

Members of the orchestra and A Cappella choirs are also preparing for a performance of Mozart's *Requiem* which will take place on March 31, 1993. Also performing will be a chamber choir made up of Shaker faculty. According to Powers, many members of the faculty choir are also in the Cleveland Orchestra Chorus which performed *Requiem* last year.

"It's great because it incorporates many different facets of the music community, and this hasn't been done before," Powers said.

> ***"Our goal is to achieve the highest musical quality possible in such a short amount of time. It's a challenge that we usually meet."***
>
> ***—Hans Bohnert***

The Symphonic Wind Ensemble and Concert Band held their concert Tuesday at 7:30 p.m. in the middle school auditorium.

The Symphonic Wind Ensemble, directed by Hans Bohnert, played five songs. "The Barber of Seville Overture" by Rossini, a medley of songs from *Phantom of the Opera*, "Thunder and Lightning Polka" by Strauss, "Sleigh Ride" by Leroy Anderson and "Star of Bethlehem" by John Williams.

The Concert Band, directed by assistant Eric Sundet played selections from *The Nutcracker*, "Chorale and Bell Carol", "Cascade River Overture", the "Washington Heights March", and "The American Frontier".

The assistant directors of the two bands are Jeff Pattie and Dr. Jerry Miller. The bands have been working on these songs since marching band season ended.

Bohnert expected the concert to go well.

"Our goal is to achieve the highest musical quality possible in such a short amount of time," Bohnert said. "It's a challenge that we usually meet."

Also upcoming for the music department is a world premiere production in tribute to Martin Luther King Jr.

Composer Paul Ferguson, a Cleveland native, is incorporating the band, orchestra and choir in a four-movement piece. It will include narrative portions which will be read by WKYC newscaster Leon Bibb.

"The Martin Luther King piece will emphasize what Mr. King and I have in common musically, namely a love, respect and deep appreciation for the great heritage of African-American music...The piece will be heavily influenced by the blues even in its more modern sections, since the blues remains a vital music force even today. Elements of spirituals will also be strongly present," Ferguson said in a letter written to Bohnert, updating his progress.

The performance will be held on Jan. 28, 10 days after Martin Luther King Jr. day. It will begin at 7:30 p.m. at St. Dominic's Church.

ROCKIN' ROBYN. Senior Robyn Lanier's talent on the piano, tuba, acoustic bass, trombone and organ has earned her much acclaim in the music department.

Photo courtesy of Gristmill

Lanier reaps rewards of musical talent

BY TOM FINCH
Staff Reporter

The weekend: the time in a student's life reserved exclusively for rest and relaxation. That is, for almost everyone except senior musician Robyn N. Lanier.

Friday afternoons are usually spent at the upright piano in Lanier's basement, where she practices her piano pieces and does a little composing on the side. Her Saturdays are filled, as she is a pianist for St. Timothy's church choir during the morning and for various high school rehearsals during the afternoon. Sundays she gets up early to either sing or accompany in church choir.

With this kind of stressful schedule, one might lose interest in music fairly quickly. But in Lanier's eyes, it's all worth it.

"My musical ability is a gift," she said. "It's up to me to use it to it's fullest potential. My inner strength helps me deal with it all, especially when I just want to stop and give up.

"[Music] is definitely a big motivational force in my life. It keeps me alive," she said.

Lanier is familiar with almost all points of the musical spectrum. Besides being an accomplished pianist, Lanier also plays tuba, acoustic bass, trombone and organ.

Music has always been an integral component of Lanier's life.

"My father started me on piano when I was four years old," said Lanier. "I've been involved in music ever since. I can't imagine my life without it."

Besides playing, Lanier also enjoys listening to music.

"I love all types of music, from all time periods and all cultures," she said.

A musically oriented future lies ahead of Lanier. She plans to attend Baldwin-Wallace College, majoring in music education and composition.

"I want to score films, write the soundtracks to the best movies," said Lanier. "I look to Guns 'n' Roses as inspiration. They started out small and really moved on up to great heights."

Lanier also enjoys athletics and creative writing as hobbies.

"Athletics are great. But someday I'll be too old to play sports," Lanier commented. "With music and creative writing, I can perform for the rest of my life."

To Lanier, the rewards reaped from her musical efforts are worth every strain and inconvenience.

"The feeling of self-expression through music is great," she said. "However, the greatest reward of my music is seeing the pleasure I give to others. It makes me happy."

'Dolly' showcases theatre, music

BY STARLA WALLICK
Staff Reporter

THEATRE

A cast of over 50 students performed the 1964 musical, *Hello, Dolly!* in the high school auditorium on Dec. 3, 4 and 5.

The play was directed by Theatre Department Head James Thornton with Music Department Head Ron Morgan serving as music director. The movements of the play were choreographed by Guest Artist Wendy Kriss-Mittleman.

A 30-piece orchestra directed by Assistant Band Director Jerry Miller accompanied the cast.

Thornton said he felt that the performances went very well.

Senior I-Huei Go, an actor, said that the cast blended together to make a well-orchestrated final product.

"Each day we grew a little bit. I feel that Saturday was our best performance," Go said.

Senior Kim Butler (Dolly Levi) said that the excellent audience response played a major role in the success of the theatre production..

THERE'S A WHOLE WORLD OUT THERE, BARNABY. Senior I-Huei Go shows sophomore Kevin Coate that there is a life outside of Yonkers, New York, in a Shaker Theatre production of the musical *Hello, Dolly!*. The show met with great success due to a hard-working cast and parent committee.

Shakerite photo by Amanda Kalan

A 12 member parent committee was formed to help with the publicity for the musical. Their main function was the distribution of posters and flyers, setting up a telephone line for reservations, and writing letters and calling radio and T.V. stations and newspapers.

Local publicity came about as a result of the efforts of the parents committee, Thornton said. The Sun Press did a story on the productions and published pictures. *The Connection*, a monthly publication of the Friends of Shaker Square and WEWS-TV News ran a story on the production. In addition, the parents committee sponsored advertisements run on WRMR-AM.

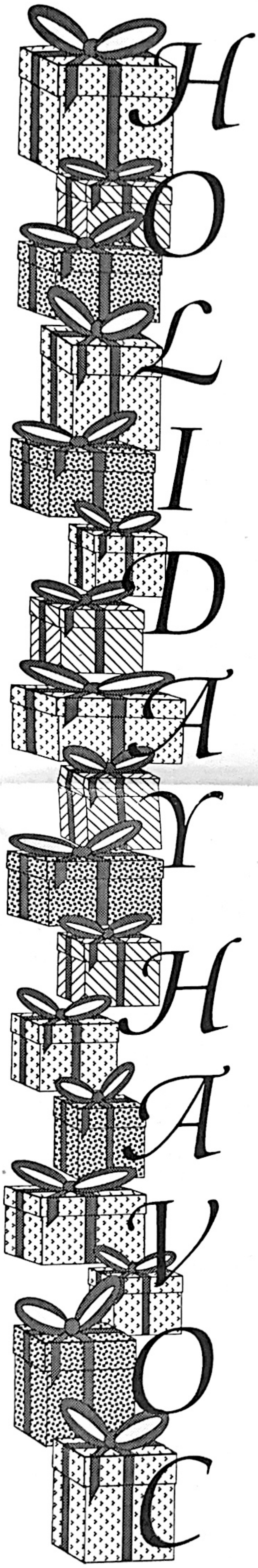
Parent-volunteers answered the phone lines for ticket reservations. Roberta Donaldson, unit principal secretary, supervised reservations.

"We are trying to form a better box office system, where people can come and buy tickets. We are trying to get a volunteer staff to work with Donaldson," Thornton said.

The Parent Committee also went to the elementary schools and the PTA in order to get the community involved. They printed cards and posters with information about the play and the phone number of the "Dolly Line" (to make reservations) on them. The committee distributed these cards and posters throughout the community at the libraries, bookstores and other stores.

"I think it [the parent committee] helped the attendance and helped people become more aware of the program and show," said Thornton.

"I think that this is the beginning of a parent support group for the Theatre program," said Annette Butler, parent committee member.



Commercialism stains season

BY JENNIFER JOHNSON
Staff Reporter

Cold weather comes hand in hand with snowball fights, skiing and sledding. But these days it also seems to bring mailboxes choked with catalogs advertising everything from silk long underwear to cheese balls and sausage logs, and shopping malls seem to be transformed into havens of holiday splendor.

After all, 'tis the season for gift-giving, the retailers exclaim, the true spirit of the season.

Some students said they disagree.

"Stores think that all Christmas is for is giving gifts. That really annoys me. I don't think of Christmas only as a time for giving gifts. My family gives gifts, but that's not all we do," said sophomore Angelica Elliott.

Many students said they were upset that retailers send reminders of the holidays earlier and earlier every year.

"I can't even turn on the TV,without seeing Christmas when it's not even Thanksgiving yet. Give it up!" said freshman Leigh Stevens.

Students also said they were concerned with the pressure of sales people during the holiday season. Pushy salespeople, high-priced giftwrapping and constant reminders of the impending holidays have caused resentment of shopping malls, according to several students.

Beachwood Place introduced a holiday sales tactic this year called "greeters," employees hired specifically for the holiday season to roam the mall helping customers find gifts.

"The pressure is really irritating," junior Karl Matthias said. "I'm not even thinking about Christmas yet, and people stand there trying to get me to see Santa and buy presents. It's ridiculous."

If retailers do not do an adequate job representing the Christian holidays, some students said that even fewer stores address the spirit of the Jewish holidays.

"Stores don't realize that not everyone is Christian. Even when they put up Hanukkah stuff to 'be fair,' it's not right. Hanukkah isn't even a major Jewish holiday. They should recognize the others, like Rosh Hashana, Yom Kippur and Passover," junior Josh Mayers said.

Freshman Josh Penzner agreed that there is an under-representation of the Jewish holidays, but he said he was more understanding of the retailers.

"I think people should know more about Hanukkah, but I really don't mind that there's nothing at the malls. There should be more about Jewish holidays, but when you're a minority, that happens," Penzner said.

Other students said they were sympathetic of the retailers for other reasons.

"Companies have to make their money, you know. Christmas is the time they sell their stuff, so it's good for them," freshman Pat O'Neal said.

Some teachers said they were grateful for catalogs that come in the mail.

"I don't mind receiving ads," science teacher Ken Culek said. "More families have both parents working now, and they can't do all their shopping between Thanksgiving and Christmas anymore."

Junior Patrice Battle summed up the feelings of most students.

"[The commercialism] bothers me," Battle said. "But I don't think about it like it's ruining the holidays. I still think about the good parts of the holidays."

If the trend toward greater advertising and promotion of the holidays continues, mall Santa Clauses, catalogs and television will continue to tempt children and adults into the throws of the holidays. Commercialism may even someday be considered the true holiday spirit, though for now it appears to be so only in the hearts of retailers.

Still the retailers try. Salespeople will accost harried shoppers this season, just as they have for years, and probably will in the future.

'Tis the season, after all.

SEASONAL SHOWCASE. Signatures clothing store in Shaker Square shows their holiday specialties in a window display.

Shakerite photo by Jason Hamilton

Surviving the holidays when you're broke

BY REBECCA DAVIS AND INGRID NORMAN
Feature Editor and Staff Reporter

With pleading, self-pitying looks, hints about the number of shopping days left and convenient comments about what tape or shirt they've been dying for, friends trap us in the maze of holiday spending.

But for those of us with more friends than dollars, here is a guide to holiday gifts for the credit card challenged.

■ **Make a mix:** Perfect for the music lover, this gift costs only about a dollar per person (plus the cost of furnishing your own music supply).

■ **Jewelry:** Bead necklaces and bracelets are easily made and affordable. You only need to dish out enough for fishing line and hooks, found in hardware stores, and plastic beads, sold at craft supply stores.

■ **Cookies:** Everyone (at least all the people I know) love to eat, so whip up a few batches of candy-cane cookies, gingerbread people or classics like sugar, chocolate-chip or peanut butter cookies. With colored icing, sprinkles and red hots for decoration, these eatables are a definite winner.

■ **I.O.U.'s (i.e. sell yourself into slavery):** Give your friends homemade "coupons," written guarantees that you will give them free back rubs, clean their room, cook dinner for them and a friend, or chauffeur them around town for a day. Just be careful not to get yourself into a compromsing position.

■ **Personalized underwear:** For a little more money, buy packs of white boxers or t-shirts and a few paint pens. Your friends will love to suit up in underwear decorated with inside jokes and personal puns.

■ **Ceramics class (but only if you're artistic, because who wants your fourth grade art project):** Friends will love your coil pot, ashtray or bowl for their coffee table.

■ **Take a few friends out to dinner:** But forget your wallet so they have to pay.

■ **McDonald's coupon books:** It's a good time for a great deal.

■ **Quote books:** Ideal for the mushy, cheesy friend, these items consist of a composition notebook covered with fabric scraps inscribed with sayings, poems and other maxims.

■ **Picture frames:** Clear plastic frames, found inexpensively at drug stores, can be decorated with paint pens and filled with shots of you and your pals.

■ **Potpourri sachets:** Bundle up a bag of cloves and other fragrant spices in a piece of cloth, tie it with ribbon and your friends will have sweet-smelling socks all year.

■ **Forget about the whole gift-giving idea altogether:** Tell your friends you're trying to get in touch with the spiritual essence of the holidays, so gifts are out. Improving on this idea, make a donation to a charity instead of blowing your wad on gifts.

■ **Refuse gifts (but only as a last resort):** By not accepting any gifts yourself, no one can guilt you into getting one for them.

■ **Hug and a kiss:** Give your sweetheart the gift of love. It's the best deal in town.

Jammin': Student musicians turn talent into profit as DJ, performer

Music just a hobby for jazz guitarist, theory instructor, student

BY REBECCA ENTEL
Staff Reporter

A performer, teacher, student and enthusiast, senior Maury Epstein knows his music.

At age seven Epstein began playing piano, shifting to guitar lessons when he was 10. This year he became interested in jazz.

"I've been playing jazz guitar which is basically my life," Epstein said.

Before getting into jazz, Epstein was a member of a rock band, "Andersun Council," for three years. The group played in local night clubs and parties and was successful in several "Battle of the Bands" contests. The band recorded two demos, selling 95 percent of them, before breaking up a few years ago.

Recently, Epstein has become the guitar half of his "Progressive Jazz Duo" with keyboardist Burny Pelsmajer, a sophomore from Cleveland Heights High School. Epstein said they play one or two gigs a weekend at places such as The Firehouse. Epstein said they do not always get paid for playing.

Epstein is continuing his musical studies in addition to performing. He attended two eight-week summer sessions at the Interlochen Center for the Arts in previous years, and last summer he went to the Berkeley College of Music in Boston. Epstein played for the Ohio Jazz Orchestra for Youth last year and will audition again this year. He is currently taking two music classes at Cleveland State University.

In addition to pursuing his own musical interests, Epstein also has a job as a guitar and theory teacher. He teaches five students.

Although all of these activities take time, Epstein said he still manages to do well in school.

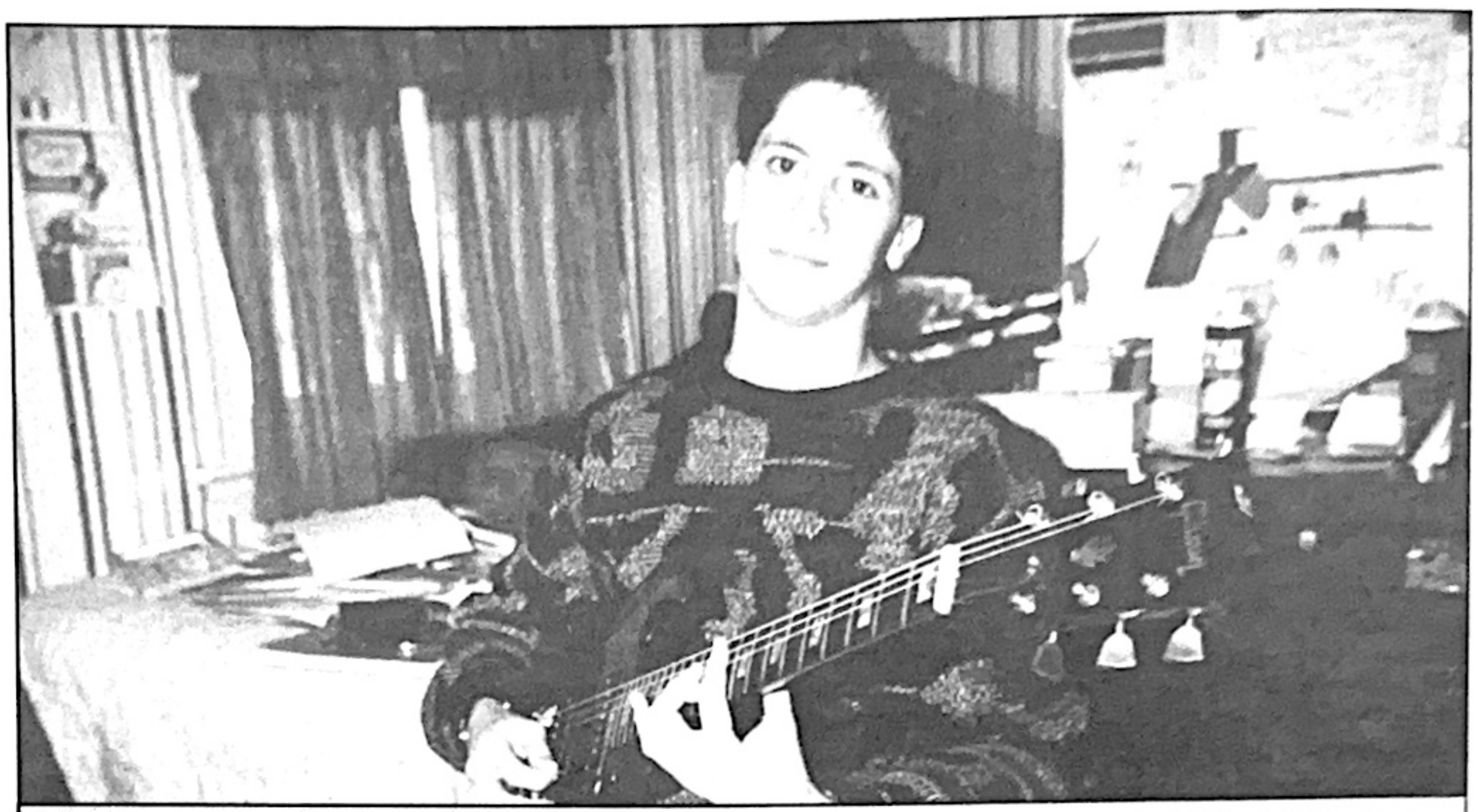
"I have to do less social [things], but I like playing more than going out and partying," he said.

Epstein plans to continue studying jazz guitar in college. He is interested in the selective New School of Social Research in New York.

"I don't think my future is to try and get into a rock band and make it big. I like [the fact] that jazz concentrates more on the musician than on the band," Epstein said. Also interested in nature and wildlife, Epstein said he does not enjoy any other hobbies as much as music.

Epstein said that it is tough to get gigs and that pursuing a musical career demands a lot of work.

"I wouldn't recommend music as a career unless you can't picture yourself doing anything else," he said.



TURNING MUSIC INTO MONEY. Senior Maurey Epstein, seen above, and junior Joel Mandel take their love of music and put it to work as band member and disc jockey. Epstein played in the band Andersun Council before joining the jazz duo Muzik Two. Mandel is a partner in a student-run DJ business.

Shakerite photo by Jason Hamilton

Junior mixes work, pleasure

BY REBECCA ENTEL
Staff Reporter

Taking a break from typical student jobs, junior Joel Mandel works as an assistant in a disc jockey business called Muzik Two.

"We'll do anything from weddings to funerals," Mandel said.

The business was started a few years ago by Joshua Weiss, a senior at Beachwood High School. Mandel was hired after Weiss's assistant, Shaker graduate Brian Bloomfield, left for college.

"On a cold, wet, rainy Sunday I learned how to do it," Mandel said.

Mandel saidhe enjoys being a DJ because his former job allowed him no room to be an artist.

"I really love entertaining and making people work to entertain themselves," he said.

Weiss said the reason people like Muzik Two is that one D.J. can be out on the floor teaching dances while the other one stays behind the counter playing the music.

"Kids can relate to us more than to some old bald guy playing the hokey pokey," Mandel added.

Mandel said the keys to his success have been smiling, playing what others want to hear and making sure that everyone has a good time.

"If [the kids] aren't dancing, we're not doing our job. We really do it for the kids, not for the parents," Mandel said.

Although they were friends for several years before going into business together, Weiss said several other factors went into his decision to hire Mandel.

"Joel isn't afraid to be himself, which is why I wanted him to work with me," Weiss said, adding that people like Mandel because he has a good sense of humor.

Although Mandel is more interested in working with kids by becoming a history teacher than having a music career, he said his main hobby is playing the guitar. Mandel plays guitar for a band called "Paragon."

"If people want [Paragon] to perform, we do, but it's pretty much just for fun," he said.

Besides "music, music, music," Mandel said he also enjoys mountain biking, cooking, baseball, cartoons, reading, rafting and backpacking.

"He's just a smurfy guy," Weiss said.

So You Want to Change the World...

BY REBECCA DAVIS
Feature Editor

COMMENTARY

I've complained. I've whined. Some might choose stronger verbs to describe my frequent journalistic plugs to get you out of your house and into the community to volunteer.

Well, here I go again.

Consider this a holiday season gift from me to you, a free guide to volunteer opportunities in our community. All you need to do is read this quick listing, decide on the best program for you, call the number provided and then most importantly, get out and volunteer.

ANIMALS

- Animal Protection League (A.P.L.)
  771-4616
- Cleveland Museum of Natural History
  231-4600

CHILDREN

- Jewish Community Center
  831-0700 in Beachwood
  382-4000 in Cleveland Hts.
- Jewish Day Nursery
  932-2802
- Shaker Heights High School, Middle School and Woodbury Elementary
  295-1400
- Shaker Heights Recreation Board
  491-1295
- Shaker Heights Youth Center
  752-9292
- Success Step Reading at Woodbury
  295-4150
- True Sisters Day Care Center
  321-6744

THE DISABLED

- Achievement Center for Children
  795-7100
- Cleveland Hearing and Speech Center
  231-8787

THE DISADVANTAGED

- The Foodbank
  696-6007
- Habitat for Humanity
  696-7788
- Heights Emergency Food Center
  381-0707
- Interact Club
  Adviser: Robert Sylak
- Shoes for Kids
  881-7463
- Youth Ending Hunger
  Adviser: Charles Spinner

EDUCATION/MUSEUMS

- African-American Museum
  791-1700
- Cleveland Children's Museum
  791-5437
- Cleveland Museum of Art
  421-7340
- Cleveland Museum of Natural History
  231-4600
- Karamu House
  795-7070
- Shaker Lakes Regional Nature Center
  321-5935
  After school weekdays
- Shaker Historical Museum
  921-1201

ENVIRONMENTAL ISSUES

- The Shaker Heights High School Environmental Club
  Adviser: Kelly Jons

HEALTH AGENCIES

- American Cancer Society Gazebo Shop
  295-0016
- American Red Cross
  751-6060
- Sickle Cell Anemia Association
  229-8600
- Brentwood Hospital
  283-3400
- Health Hill Hospital
  721-5400
- Mt. Sinai Medical Center
  Volunteer Services
  421-4027
- St. Luke's Hospital
  368-7100

SENIOR CITIZENS

- Judson Park
  721-1234
- Montefiore Home for the Aging
  360-9080

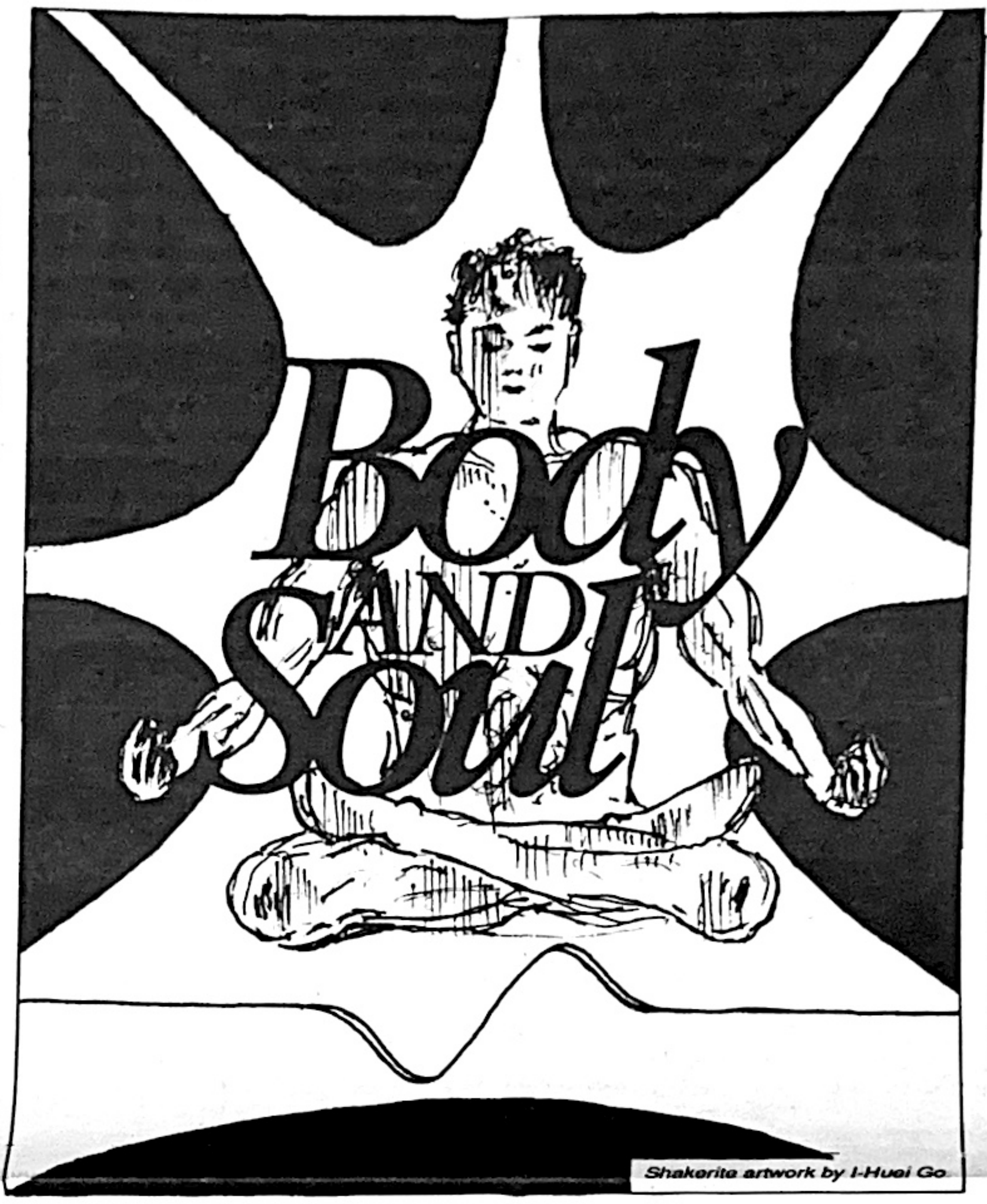
Source: Nancy Pickus, high school volunteer coordinator

Looking within...

Secrets to good health explained

BY NANOR TABRIZI

Co-News Editor



Shakerite artwork by I-Huei Go

It's all over.

The most important history test of the semester stares at you from your desk with that hideous sixth letter of the alphabet, and you wonder where in the course of your young life you could have gone astray.

Maybe you didn't eat a healthy breakfast, sleep enough, pray sincerely or bring your rabbit's foot. Maybe you were having an "off" day.

In other words, your biorhythms were on the down-swing.

Our bodies operate by a system of biorhythms, social studies teacher Baird Wiehe said. In this widely accepted scientific theory, he explained that the body maintains three separate biological cycles of physical, emotional and intellectual energy levels which rise and fall regularly and predictably.

"It is almost like astrology. A person who is aware of his cycle can sense his mood changes and try to avoid harmful things," Wiehe said.

According to this theory, the body's physical energy level rises every 23 days. A person's emotional well being changes every 28 days, and the mind will get more stimulated every 33 days.

Wiehe said that everyone is born with a personal biorhythm, as unique to an individual as their fingerprints.

Not only do many scientists believe that an individual is born with predetermined and innate mood cycles like biorhythms, they also believe that an individual is born with 20 percent of his or her personality already determined, Wiehe said.

According to health teacher Hubert McIntyre, however, biorhythms influence performance only because individuals who believe in them work to make the predictions a reality.

"Biorhythms are self-fulfilling prophecies. We work to achieve what we believe is expected," McIntyre said.

Most students also found fault with the biorhythm theory and said they have active control over their attitude and mental state.

"I believe in the individual. We have to find our own answers to questions," freshman Jason Brode said.

Several students attributed their health to factors in their lives such as attitude, surroundings and upbringing. Freshman Cordelia Heaney said her positive outlook comes from her spirituality.

"[Religion] makes me more objective, stronger and self-confident. I'm at peace with myself because I know that someone is on my side," Heaney said.

Junior Stacey Jackson said the media affects her mood. When the Jeffrey Dahmer serial murder trial was publicized in the news, she said she became suspicious of all people and isolated herself.

In an effort to improve the quality of their lives, some students said they try to control their environment.

"Whenever I get into a bad mood, I try to hang around friends who are happy in order to cheer myself up," freshman Suzannah Mathur said.

Other students said they behave destructively when their mood is low. Jackson said that she drinks, smokes, acts violently and develops a negative attitude when she is not feeling well.

"Whenever I feel that things are not worth it, I tend to give up and not work as well," Jackson said.

Several psychologists agree about the effect of mental outlook on physical health.

"A person can create his own health," Wiehe said.

According to Wiehe, doctors report that nearly 85 percent of their patients seek medical care because their emotions lead to physical problems.

A study of 6848 people suffering from breast cancer found that those who maintained a positive attitude were more likely to improve their health than those with negative attitudes, Wiehe said.

Jackson said she believes she was able to recover quickly from a knee injury because she had faith that she would recover and because she set aside her fears.

Psychologists, on the other hand, find an indirect relationship between a positive outlook and the rate at which ill people get well, Wiehe said.

Wiehe said that the most important influences on good health are proper nutrition and exercise. He added that the health of a person coping with severe stress, work and anxiety may deteriorate.

"Every time you stay up at night and experience stress, you are borrowing time from the future. You pay a price for stress," Wiehe said.

One group of people particularly susceptible to poor health are the financially poor, Wiehe said. Overcrowding, lack of health care, stress from financial problems, crime and poor education all lower their overall health, he said.

Mind and body work as one, McIntyre said. The body is capable of miraculous things which cannot be explained by man, he said.

"There are powers latent within a person that man knows nothing about," McIntyre said.

According to Wiehe, an individual can get in touch with those powers through meditation. Meditation can also develop people's spirituality or improve their attitude, he said.

"One popular view of meditation is that instead of praying and talking to God, a person can meditate and listen to God," Wiehe said.

Daniel Cohen, the author of *Meditation: What It Can Do For You*, said meditation can range from sitting quitely and thinking, chanting sentences or contemplating a question to even frenzied dancing and self-mutilation.

"A variety of tests indicate that meditation can produce a restful state that can have beneficial physiological effects, organize lives better and make a person generally more happy," he wrote.

Looking beyond scientific and psychological theories, McIntyre said that keeping a proper perspective is a key in maintaining good emotional and physical health.

"It's important to keep a perspective on your problems and realize that everyone is in the same boat and that no one is going through this alone," McIntyre said. "If you can recognize that all obstacles are eventually overcome with time, then you are less likely to over react, take things personally and then have to deal with stress."

So don't worry about that bad grade. After all of the prayer, stress and anxiety, you have the ultimate excuse.

Blame it on your biorhythms.

SEASON'S GREETINGS

This holiday season the best possible gift for your 15, 16 or 17 year old is a gift certificate from Town & Country Driving School. Provide a safe future for them from a school that offers the best possible education at the guaranteed lowest price. We have been serving Northeast Ohio's new drivers for over 27 years, so you can be assured of a quality and safe driver education.

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Melley, de Acosta lead team

BY JOEL VANARSDALE
Advertising Manager

Five a.m. rolls around all to soon for seniors Mike Melley and Diego de Acosta.

For the past four years, they have climbed out of bed three times a week to make it to one of 10 weekly swim team practices.

The results have been well worth it, though, according to Coach Ernest Welsch.

De Acosta and Melley have a chance to be ranked nationally this season, Welsch said.

"Both are in the top three in the state in their events," he said. "They both have a shot at gaining All-American status. This means they would be in the top 30 in the country."

Last summer de Acosta and Melley both qualified for Junior Nationals, the highest level of competition for those under 18, de Acosta said.

"I qualified in the 500 freestyle and 1650 free," he said. "Mike qualified in the 200 free and 400 free."

Both Melley and de Acosta said that hard work and determination were the keys to qualifying for Junior Nationals. They also said that swimming together has motivated them.

"We push each other," Melley said. "[De Acosta is] a very hard worker and great to train with."

"It's been great to train with Mike because he is very positive and supportive," de Acosta said.

With Melley and de Acosta leading the team, and a talented womens team, expectations for the swim team are high this year.

Welsch was confident that the team will send many players to the state tournament this season.

"We will send to states the largest contingent of Shaker swimmers ever," he said.

Melley and de Acosta said they hope to qualify for states in numerous individual events. De Acosta said that he is the favorite to win states in the 200 freestyle, and that both have a shot at winning the 500 freestyle race.

"Mike and I are the only returning swimmers from last year's state final in the 500," he said.

These potential All-Americans will also swim on Shaker's highly ranked relay teams, according to Welsch.

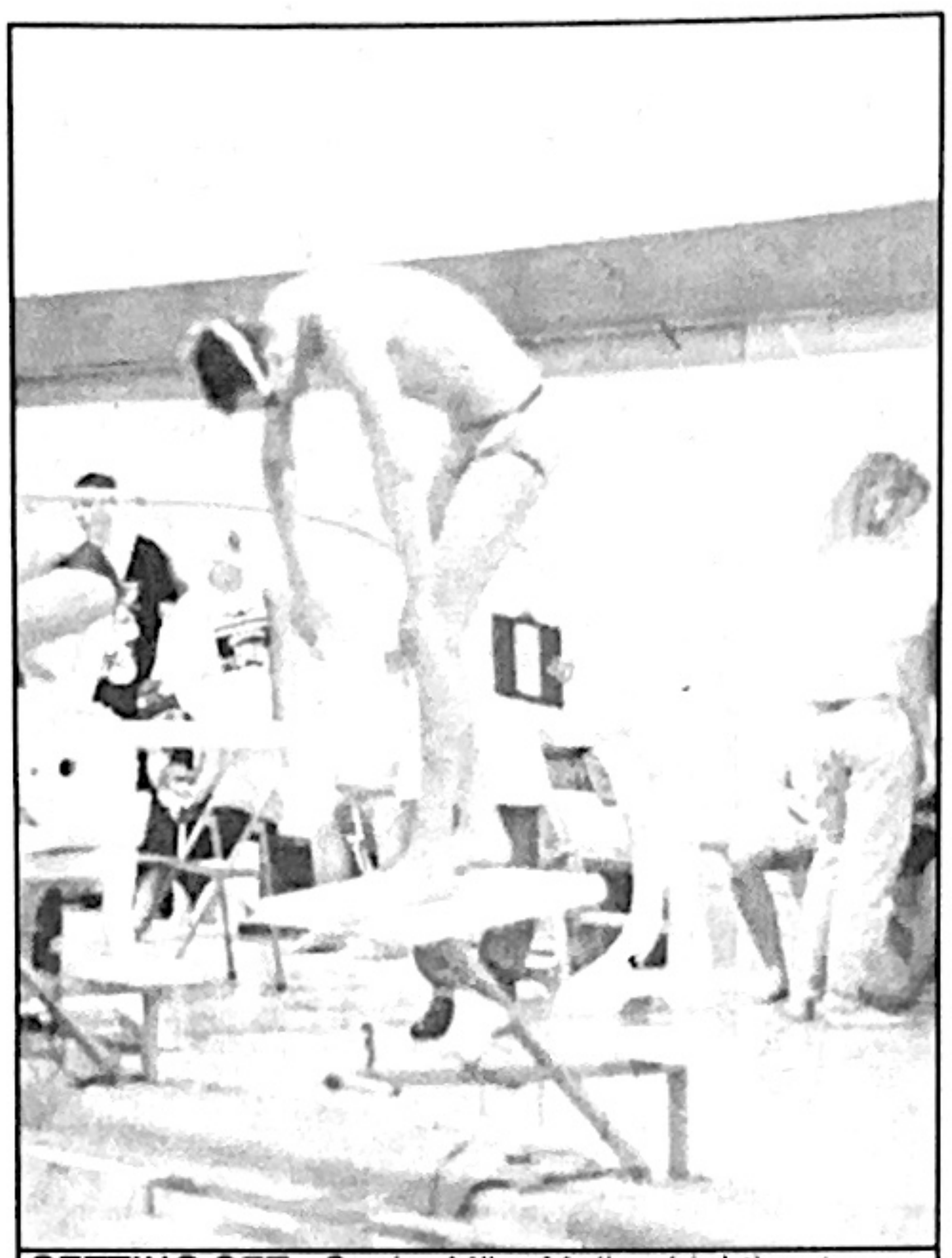
"Both the boys and girls teams have an excellent chance at having All-American relays," he said. "Both teams are in the top ten in the state, out of 250 teams."

The goal for both teams is to finish second at the district tournament and win the LEL, Welsch said. The competition will not be easy, he said.

"The girls will face tough competition from Magnificat and Hudson, and the boys from University School," he said.

Welsch said that the women's team will benefit from exchange student Eve Gonsenhauser. He said she is the only female swimmer not returning next year.

"I had some reservations... because the girl's team is so young," he said. "But so far I am very impressed with the enthusiasm and dedication of both teams."



GETTING SET. Senior Mike Melley (right) gets ready to swim against a Valley Forge opponent on Dec. 11. Both the mens and womens teams have won all of their meets so far.

Shakerite photo by Jason Hamilton

Welsch said hard work and good leadership were the keys to what he said was "the best start we've ever had."

Much of this leadership comes from Melley and de Acosta, he said.

"They are outstanding leaders by example," he said. "They are very dedicated and work hard. To get to the level they are at is a tremendous accomplishment."

Melley and de Acosta both said that they have enjoyed working with the varsity swim team.

"Swimming has given me a lot of experience along with helping my work habits, self esteem, and confidence," Melley said.

"It's been a lot of fun," de Acosta said. "Mr. Welsch has been outstanding."

Welsch said that despite the fact that this is the last year for Melley and de Acosta, the future for the swim team is bright. He said the youth swimming program, the Shaker Sharks, has almost 300 young swimmers and will continue to improve the team.

"We are just starting to feel the effects of the Sharks, which started four years ago," he said.

Wrestling team expects to be a LEL contender

BY MICHAEL BECKER
Staff Reporter

The wrestling team is rolling into their season with high expectations.

Coach Hank Kornblut is optimistic that the team will perform better this year.

"We expect to be a strong contenders in the LEL," he said.

Kornblut said there are two real strengths on this year's team.

"We have some real solid seniors and we have a good group of freshmen," he said.

The team is led by the three captains, senior Ted Green, a two time district qualifier, junior Brian Frew, who has won thirteen matches and placed in the L.E.L. tournament last year, and senior Omar Arrington, last year's L.E.L. runner up.

Kornblut said Green, as a heavyweight, has a good chance of placing in states.

Seniors Kenyatta Pollard, a district qualifier from a year ago, Jamel Weaver and Michael Register should be key contributors, he said.

The team has a promising freshman, Kornblut said.

"[Freshman Kore Sharpley] looks like a really good lightweight," he said.

Kornblut said the team has some weaknesses.

"We are going to have an unusually large number of new guys who are great athletes but lack experience.

"We don't have a lot of depth and we can't afford injuries," he said.

The team members are upbeat about the upcoming season, Frew said.

"The numbers that we have out is a vast improvement over the last few years and the number of dedicated freshmen and sophomores classmen should really help our team," he said.

Some say the team has a chance to win the league, according to Register.

"We should be an L.E.L. contender," he said.

Kornblut said that to win the LEL the team has to face tough competition. He said that Cleveland Heights is probably the team to beat because almost all of their starters from last year returned this season. He also said that Normandy, Lakewood and Valley Forge are always tough to defeat.

Kornblut said he was cautiously optimistic after the first week of practice.

"At this point of the year we have to wait and see," he said. "We have a very tough schedule and we can't afford injuries, but if all goes well we should have a very good year."

Exercise gives benefits

Recent studies have suggested that physical inactivity is a serious health problem — similar to heart disease, high blood pressure and smoking. Regular, moderate exercise is the key to a healthy lifestyle.

BENEFITS OF EXERCISE

- Increased circulation and lung capacity, reduced blood pressure.
- Prevention of heart disease and strokes, and some forms of cancer.
- Increased coordination, reduced fatigue and reduction of excess body fat.
- Increase in the immune system's resistance to disease and in lifespan.
- Improved well-being and self-esteem.
- Decreased depression and stress.

GUIDELINES FOR EXERCISE:

To receive the benefits that come from exercise, workouts must be followed according to these basic guidelines:

- Perform at a steady, moderate pace, using large muscle groups.
- Reach your target heart rate zone (THRZ). According to the American Heart Association, the THRZ is 60-75 percent of your maximum heart rate.
- Exercise four times a week for 20 minutes each session or three times a week for 30 minutes each session.
- A two to five minute warm-up and a three to five minute cool-down period is suggested.
- Keep replenishing fluids.
- Progress gradually in increments of no more than three percent per week.

Source: Health and Fitness Excellence: The Scientific Action Plan by Robert K. Cooper, Ph.D.

Promising underclassmen divers may place in finals

BY WILL GLASSON
Staff Reporter

The diving team will do well this season because freshman and sophomore divers will be able to represent Shaker in post-season meets, according to coach Jeremy Rosenthal.

> *I think the team will be strong this year. We should have a strong showing at districts."*
>
> *—Jeremy Rosenthal*

"I think the team will be strong this year. We should have a strong showing at districts," he said. "[I think] many of the underclassmen will participate."

Seniors Marie Baechle, Anthony Gantos and Davidione Pearl have replaced last year's seniors, Jennifer Hughes, Damion Short and J.D. Weinberg as captains.

The team won against Brush last week. The men on the team placed first, second and third, while the women placed first, third and fifth. Rosenthal said the women on the team played better against Bedford later in the week.

"The girls started off a little slow against Brush," he said, "but picked up and were strong against Bedford. Marie Baechle had a notably strong performance and should place in the top ten at districts."

Rosenthal said the women placed first, second, and third against Bedford. He said Baechle and junior Tiffany Scheiblauer should be the strongest women members of the team.

Junior Amy Boyle is expected to perform well, in addition to the team as a whole, Rosenthal said..

"Overall," he said, "the team is beginning to pick up pace and is progressing well."

Fox said this season's team has more athletes capable of diving in competitive meets.

"We have more depth this year," he said, "even though we lost some of our best divers last year. And we still have [Rosenthal] coaching us, so we are looking forward to a successful season...We should really look good after [winter break]."

Field hockey second in state tournament

SPORTS BRIEFS

The field hockey team placed second in the state, losing the state final against Ottawa Hills 2-1 Nov. 7.

Coach Linda Betley said the tournament game was a great ending to a successful season.

"Losing was upsetting," she said, "but when you look back on the season, it was a positive experience, and we were lucky enough to be there."

The loss at states was the second time Shaker lost to Ottawa Hills High School this season.

Freshman Tonya Porras scored the Raider's only goal with four minutes, 34 seconds to play.. Shaker had eight shots on goal in the game. Ottawa Hills High School made 12 attempts to score on senior goalie Demi Lakshmanan.

Before the state final, Shaker won their semi-final tournament game against Columbus Bexley High School 2-1 in double overtime. Junior Ashley McWilliams, the top scorer on the team this year, with 19 goals and nine assists, scored the Raider's first goal in the game. Senior Jessica Morton scored the game winner in double overtime.

McWilliams was optimistic that the team would make the state tournament again next year.

"There's a lot of talent and spirit [on this team]," she said. "That's what it takes."

Jennie Reiff

Holliday runs fastest time in state meet

Junior Ryan Holliday ran his all-time fastest five kilometer race at the Division I state cross-country meet on Nov. 7.

He placed 24th out of 150 runners with a time of 16 minutes, six seconds.

Holliday was satisfied with the time.

"It was one of the most incredible things ever, to be there with guys running that fast," he said. "I've never run so fast in my life... In terms of overall time, I've never been [in a race with] so many guys finishing [the 5 kilometer run] under 16 minutes."

Holliday got to the state competition by first competing in the district tournament on Oct. 24. He placed second in the district tournament. Holliday was the only Shaker student to advance past districts.

Holliday said that during the season, the cross-country team worked hard. He said that they ran roughly 40 miles a week, but the workouts did not bother him.

"You get used to it,." he said.

Coach Charles Richard has run the cross country team for 25 years. Richard said was proud of Holliday's performance and felt he had trained well.

"Ryan possessed the two key factors to training," he said. "One, he understood what I was asking of him, and two his willingness to train at that level. I wasn't surprised [with] his time... He knew how to train."

Margaret Sawyer

Basketball stresses defense

BY JEFF JABLOW
Staff Reporter

The LEL-champion varsity basketball team will stress aggressive defense this year, not offense as in previous years.

Aggressive defense will be emphasized because, according to coach Bob Wonson, the entire game strategy has changed this year. The team's tallest player, at 6 foot 4 inches, is junior Markie Hall. Wonson said many teams will therefore have a height advantage. Wonson also said the team has only four senior members.

The coach said he will pressure the other team's guards in hope of running the transition game.

"We're not going to let the other team's guards just walk up the court," he said. "Our best offense will be the defense, [the points received off turnovers.]"

Wonson said he also will not let opposing guards get the ball inside to their taller players.

Senior Travis Kinnebrew said that Wonson stresses a hustling, pressing defense, as the team is faster this year.

"There is more depth on the team this year," he said. "We can be a strong defensive team. We have a lot a speed and hustle. I feel we have a good chance of winning if we stay focused on our goal to win."

Wonson also said Shaker's strength is their depth of play at every position.

"We have at least two players [for] every position," he said.

The team lost six senior players to graduation last year. Wonson said the losses will hurt the team this year.

"We have obviously been heavily hit by graduation losses," he said. "I am cautiously optimistic about this season."

One of last year's seniors missed this year is Malcolm Sims.

Wonson said that, with the loss of Sims, the focus of the team is no longer on the offense.

"We have our work cut out for us this year," he said. "We have a lot of unselfish, hard-playing kids."

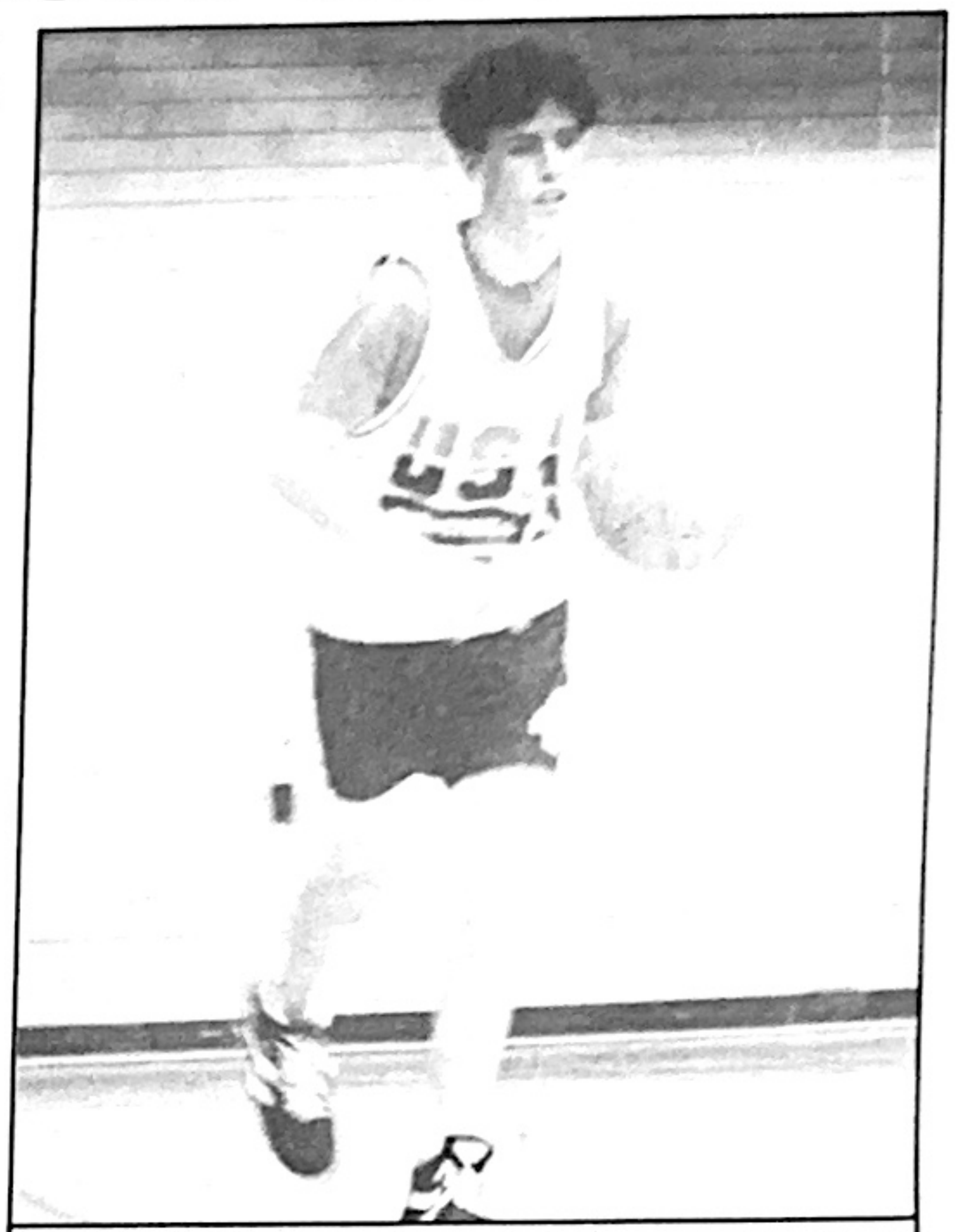
Shaker faces tough competition in the LEL. Wonson said their toughest opponents include Shaw, Valley Forge and Lakewood.

On Nov. 24, Shaker played a scrimmage with Lorain Admiral King. On Nov. 20, Shaker had a scrimmage against three other non-league teams, Alliance, John Hay and North Olmstead.

Wonson said the team had the most success against Admiral King.

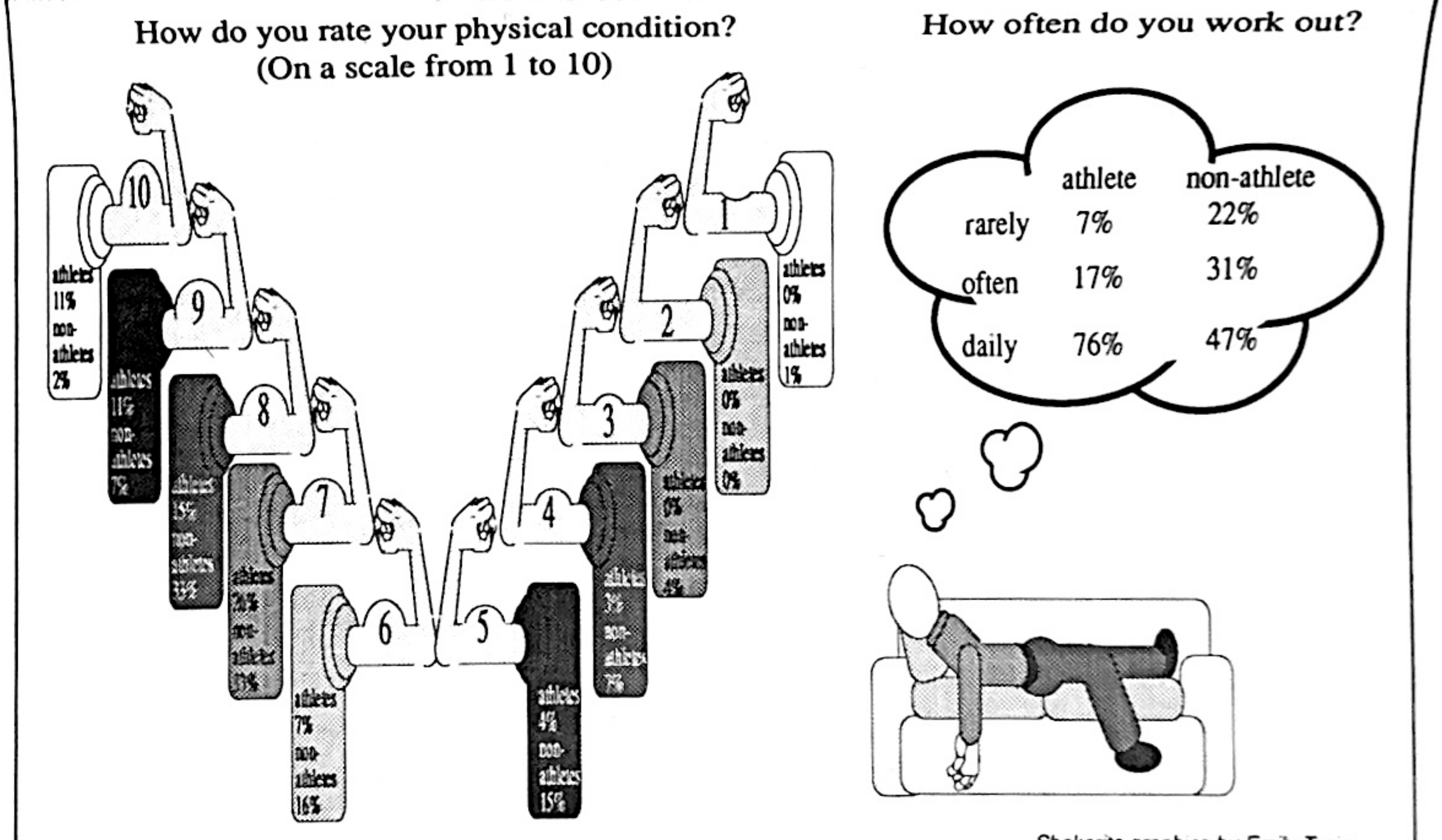
"We performed better against Lorain Admiral King than in the four-way scrimmage," he said. "We played better defensively."

Wonson said he was most pleased with the play of juniors Markie Hall and David Painter, and senior Donnie Davis.



DRIBBLING AROUND THE COURT. Junior Bob Ruffing dribbles the ball in practice.
Shakerite photo by W. Michael Fleming

Students say they are in shape



Source: Shakerite survey of 177 students

Shakerite graphics by Emily Troia

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Hockey team picked as best in Cleveland

BY JOHN HARRIS
Staff Reporter

ACROSS THE ICE. A Shaker player tries to fend off a Padua player in front of the Padua bench as he takes the puck across the ice. Shaker lost to Padua 6-5 in double overtime. Shaker led in the first period, and the game was tied at the second intermission. But the game slipped away from Shaker in the third period.

Shakerite photo by Andrew Barnett

The ice hockey team, tagged by area reporters as the best team in the Cleveland area, lost their first game to Padua in double overtime 6-5.

After senior Scott Frerichs scored 30 seconds into the game, sophomore Cullen O'Brein and senior Chris Ticconi scored in the first period. Junior Jeff Ulrich scored in the second. Senior captain Ari Chopra scored for Shaker in third period. The Raiders were up 5-3 with two minutes left in regulation play, but Padua scored two unanswered goals en route to victory.

Chopra was not upset about the loss.

"We should be strong this year," he said. "We have a good chance for first. [Against Padua] we just choked. The loss... means nothing."

The Raiders won their last pre-season game against Brooklyn High School and a preseason game against St. Edward's.

Senior Chris Lockrem said the win against St. Edward's gave them added confidence for the start of the season.

"Bowling Green picked us to be third in the state," he said. "The big win against St. Ed's gave us a lot of confidence."

The Raiders won also their first scrimmage against North Olmstead 7-3.

The team was picked by the local *Ice Times* as the best team in the Cleveland area.

The Raiders had 10 seniors return this year. Coach Mike Bartley said that the seniors on the team this year give Shaker an advantage over other teams.

"Generally, more seniors mean a better team," he said. "And since all of our seniors are experienced, that adds to our advantage."

Bartley, in his 17th year as coach, also said that the younger players will learn from the older ones, helping the team to go further than last year.

Bartley said many of the seniors on the team are well-rounded players.

He said senior goalie Chris Brown will be an integral part of the team this year. Brown was selected to play in Lake Placid, New York with other players from around the country.

Bartley said Lockrem and Chopra were other exciting players. He said Lockrem, Chopra and Brown will be key players for the success of the team this year.

Bartley said he feels this year's team is one of the better teams of his career. He compared the team to the one two years ago which went deep into the playoffs.

The Raiders will be competing in the seven-team Cleveland Red Division. Bartley said the division is full of strong and talented teams. St. Edward's, St. Ignatius, Cleveland Heights, Padua, University School, University School and Trinity make up the rest of the division.

Sophomore Will Simon is enthusiastic about the upcoming season.

"We should have a really good season this year," he said. "Our offense is amazing this year, but the defense needs a lot of work."

Womens basketball more experienced, talented

BY VANYA GREEN AND MARK SMITH
Staff Reporter and Sports Editor

REACHING HIGHER. Freshman Ayesha Claytor goes for the tip-off against Kenston Dec. 7. Shaker lost the game 61-54. Kenston pulled away in the fourth quarter to win.

Shakerite photo by Jason Hamilton

The womens varsity basketball team has improved this year after winning only two games last season, according to senior captain Joanna Garcia.

"I think we're going to surprise a lot of people," she said.

The team lost all three of their first games. Coach Lori Anthony said the game against Kenston Dec. 7, which Shaker lost 61-54, was close from the beginning.

"It was a one point game until the last two minutes," she said. "The girls deserve compliments after the last two home games [against Kenston and Valley Forge.] It has been awhile since we scored 50 points."

The team lost against Valley Forge 62-51. Anthony said Shaker lost to Valley Forge last year by 40 points. Anthony said the team has improved this year because they managed to hold Valley Forge to 11 points.

"The returning players played their hardest ever [against Valley Forge,] she said. "The [Valley Forge] game was successful. Valley Forge is an overall much quicker team and is a lot harder to guard. But we still played a really good defensive game [against them.]"

In the game, Garcia led the team in scoring with 14 points. But Anthony said this year no player really dominates the court.

"Two other players were in double digits," she said. "The scoring was real spread out. We have players get off the bench and score. On any given night, any one of our players could score the most points."

Garcia said other aspects of team performance have been enhanced this year. She said the team's ball handling, shooting, and defensive skills have improved. She also said her teammates are playing better together this season because most of them played in a basketball league over the summer.

Sophomore Leslie Walker also said that the Raiders are an improved team this year.

"Everyone has improved 100 percent," she said. "I think the LEL teams need to watch out because the girls basketball team is coming out strong this year."

Coach Lori Anthony, who is now in her third season of coaching womens basketball at Shaker, said the last year's team was talented, but lacked the experience they have this season.

Sophomore Kristen Dean said the team has remedied its past weaknesses this year.

"We didn't work together as well as we could have [last year,]" she said. "We didn't know each other's instincts and it took time to play with one another better."

Anthony said some people may criticize the team because they do not know how much it has improved this season.

"Most people have a lot to say about things they've never seen," she said. "The girls are working hard and we have very realistic goals."

Anthony said an improved performance and record may lead to more spectators. She also said the team improved from the first game of the year against Laurel.

"We didn't play well at all against Laurel," she said. "But every loss is a learning experience. We realized that we're a much better team than when we played against Laurel."

Garcia said the players have a good attitude about practice and the rest of the season.

"We're not just focusing on the running we do, the drills we do, and the fact that we're tired," she said. "We're all out there because we love to play basketball."

Red Raider WrapUp

Mens Varsity Basketball

RECORD: 0-1
LEL RECORD: 0-0
NEXT HOME GAME: Friday against Normandy at 6:15.

Against Central Catholic Dec. 8, junior forward Ricardo Miller led the team with 10 points.

Mens Junior Varsity Basketball

RECORD: 1-0

Womens Basketball

RECORD: 0-3
LEL RECORD: 0-1

Ice Hockey

RECORD: 3-1-1
NEXT HOME GAME: Tournament Dec. 17-20.

Padua 6, Shaker 5

	1	2	3	OT	F
Padua	1	2	2	1	6
SHAKER	3	1	1	0	5

Wrestiing

RECORD: 0-1

Shaker lost to Benedictine 43-24 Dec. 8. Senior Omar Arrington-Bey, junior Bryan Garcia, freshman Kore Sharpley and senior Ted Green pinned their opponents.

Swimming

MENS RECORD: 2-0
WOMENS RECORD: 2-0

Shaker men defeated Bedford 109-76; women beat Bedford 136-49.